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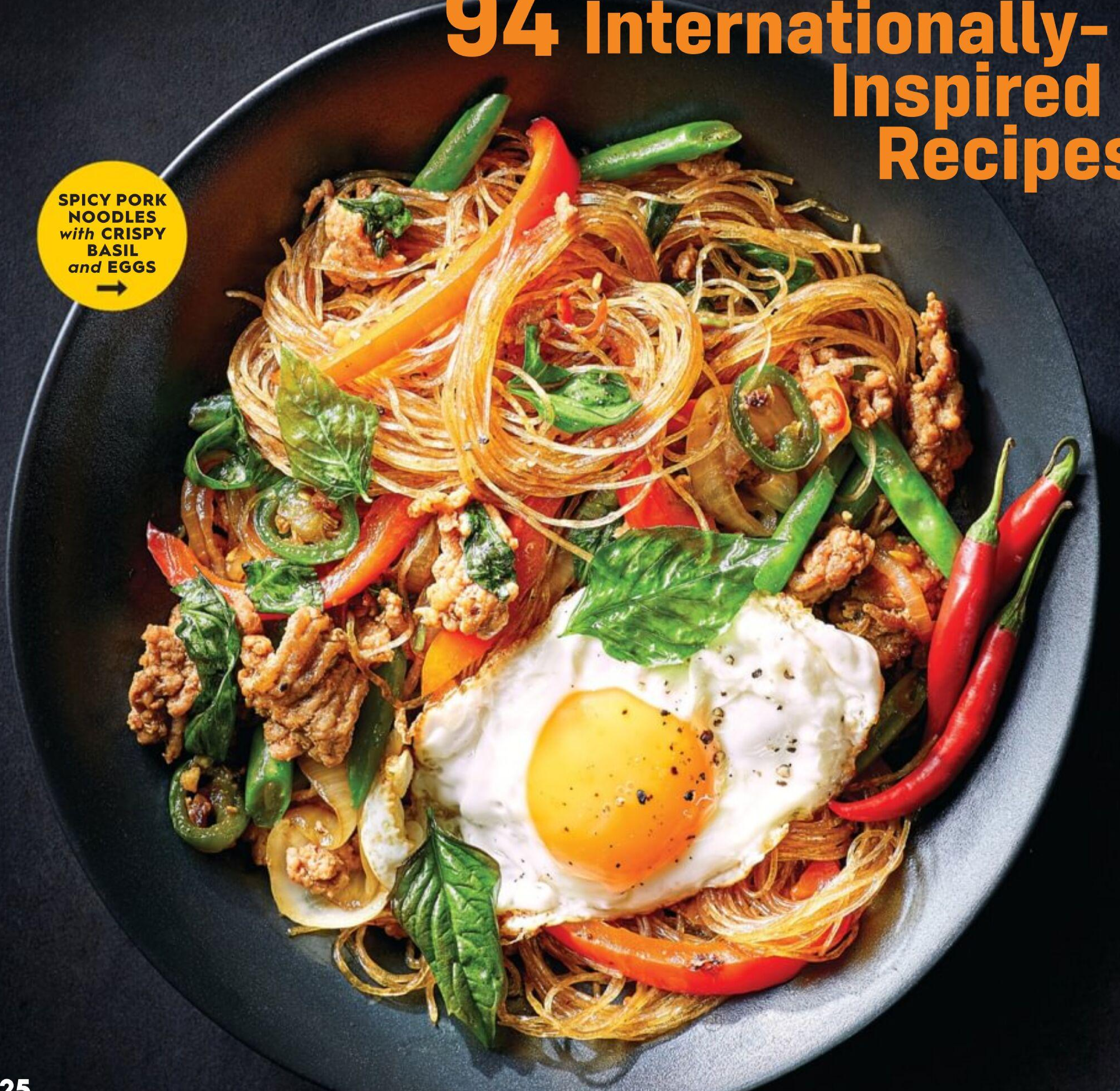
94 Internationally-Inspired Recipes



SPICY PORK NOODLES *with* CRISPY BASIL *and* EGGS →

2025
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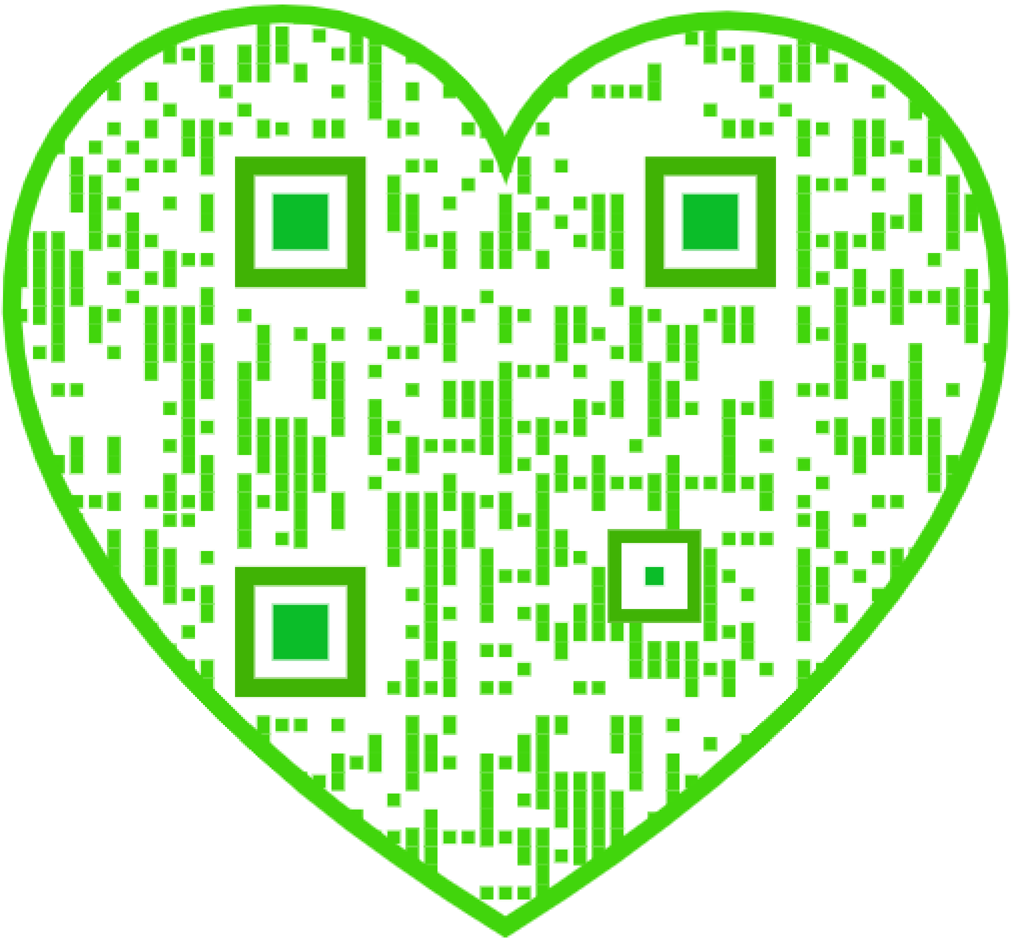

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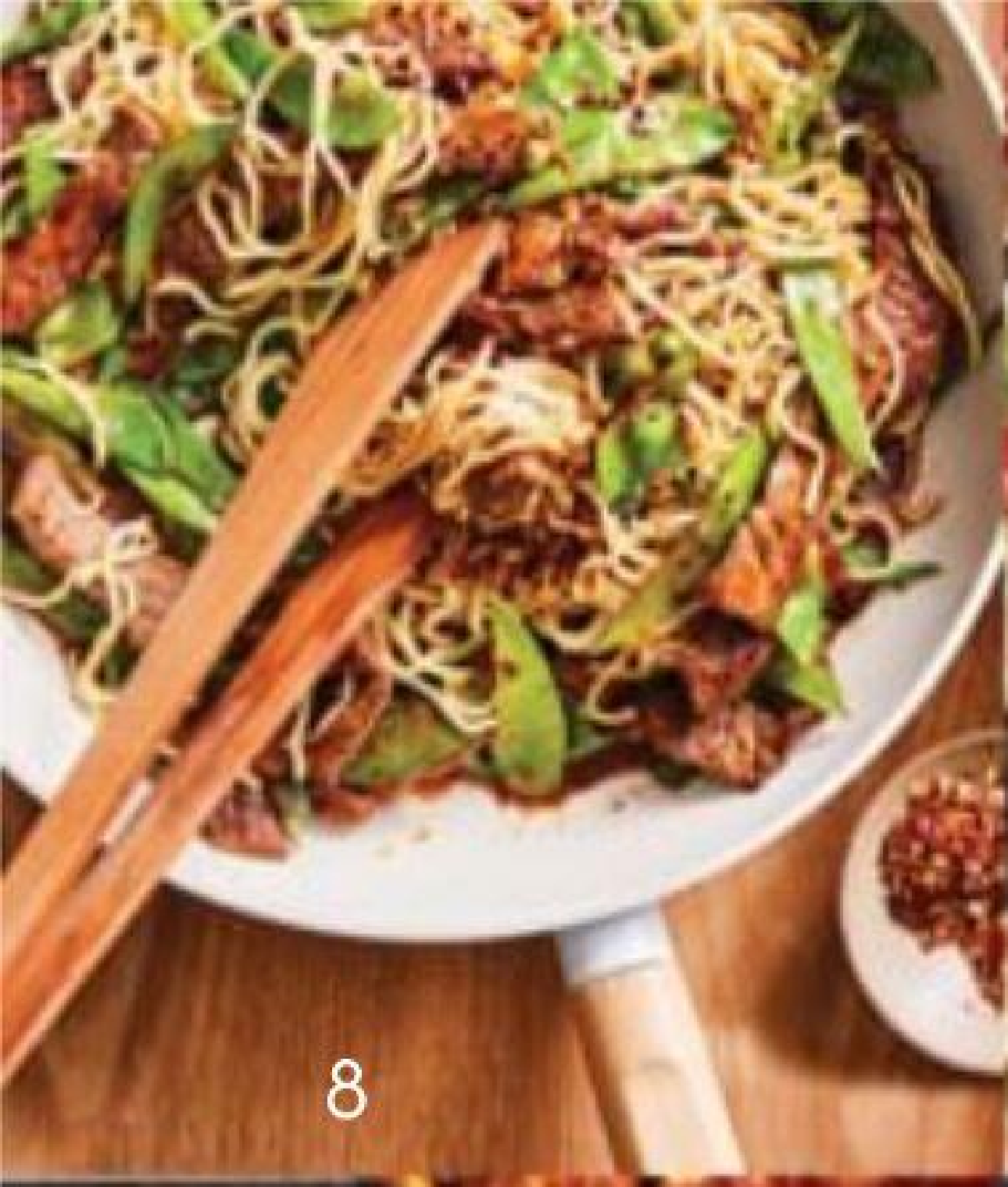

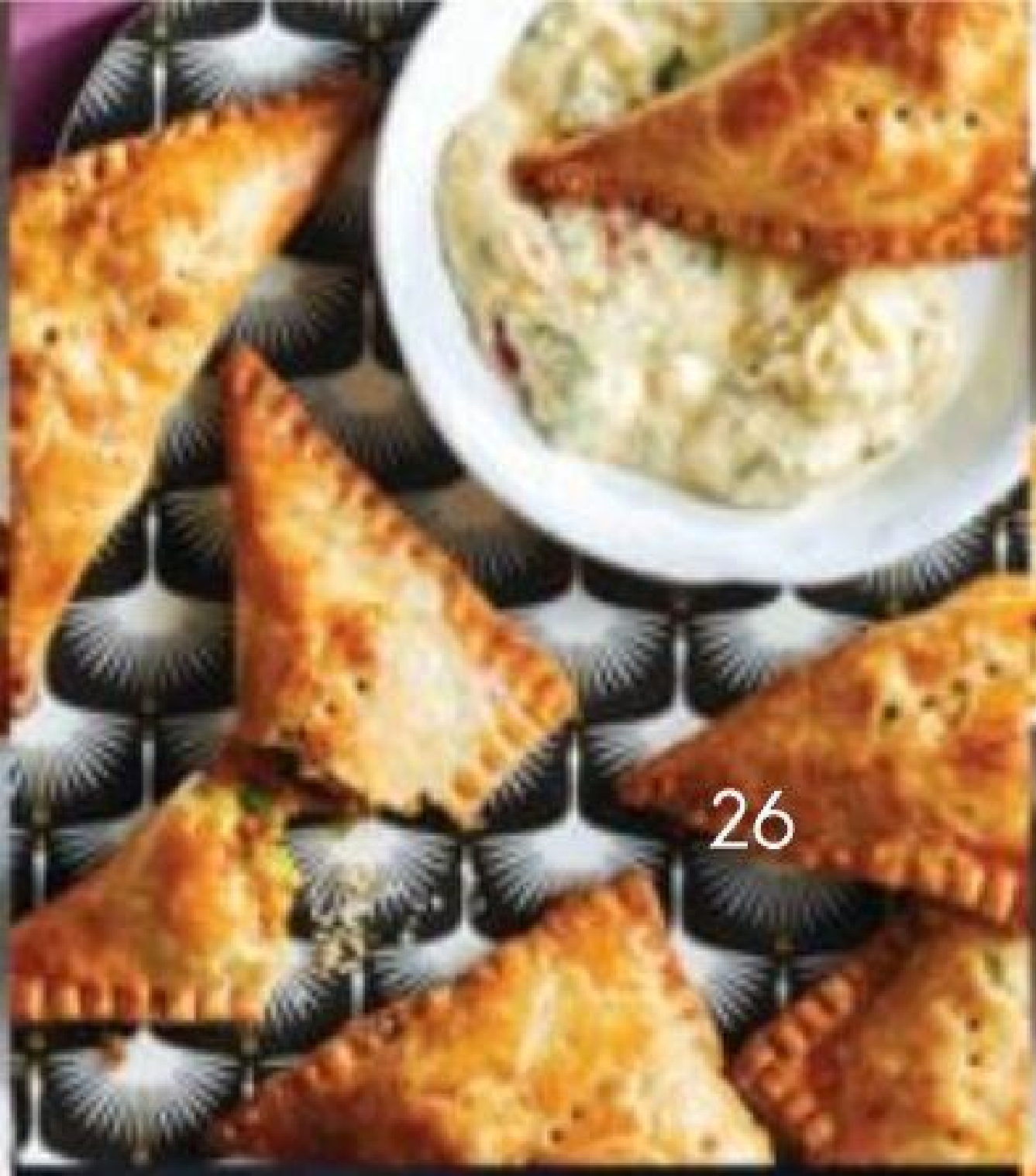

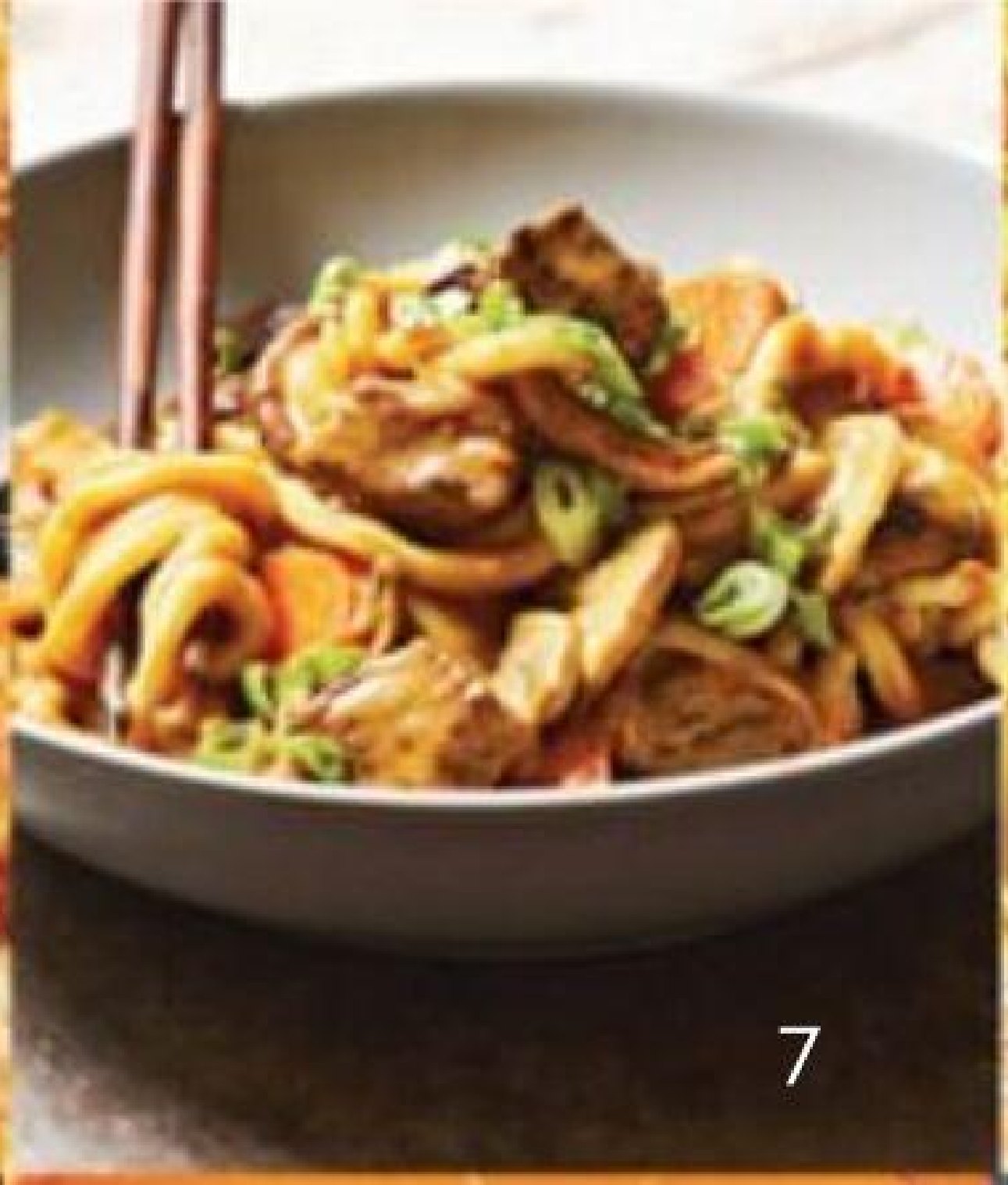

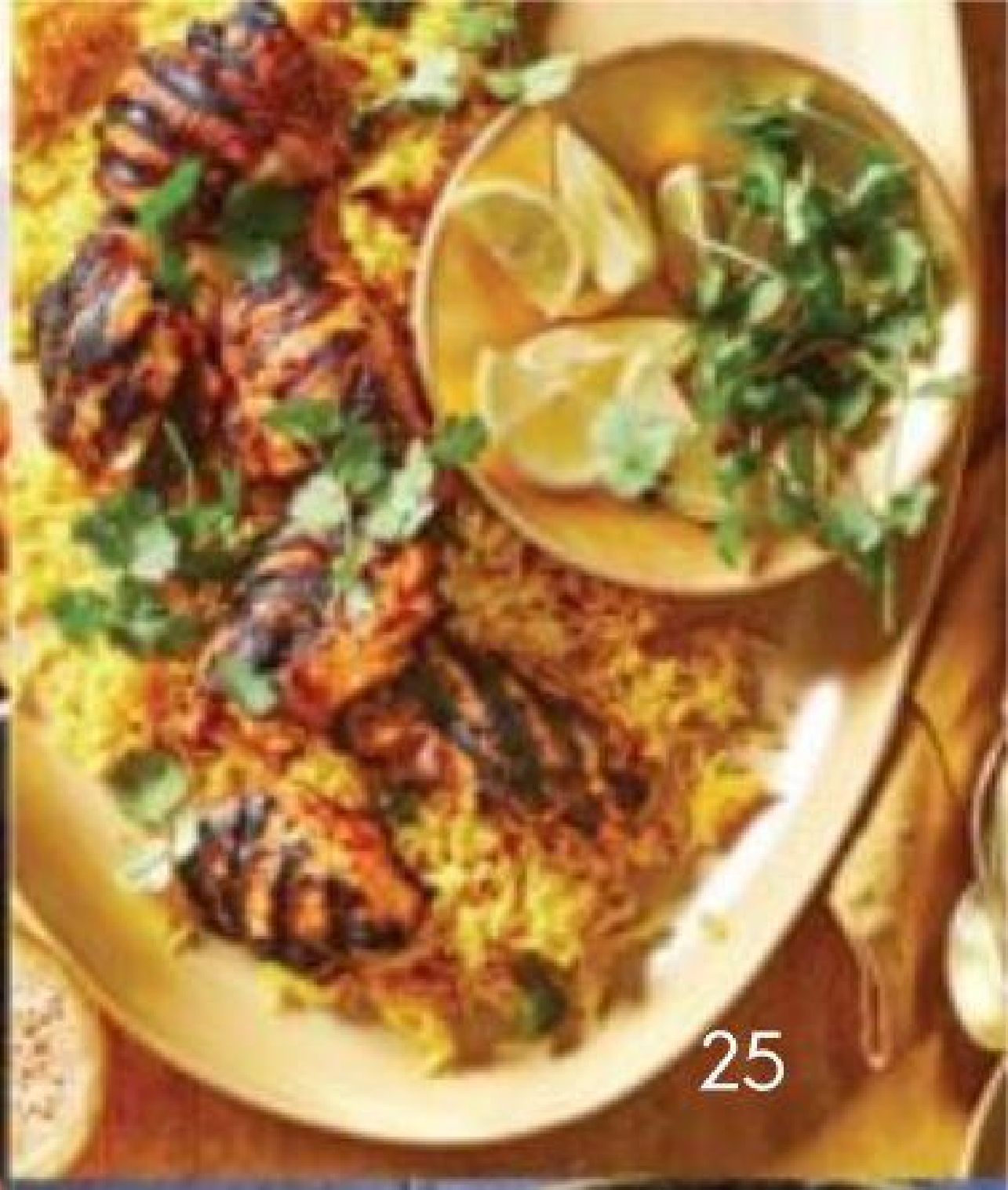

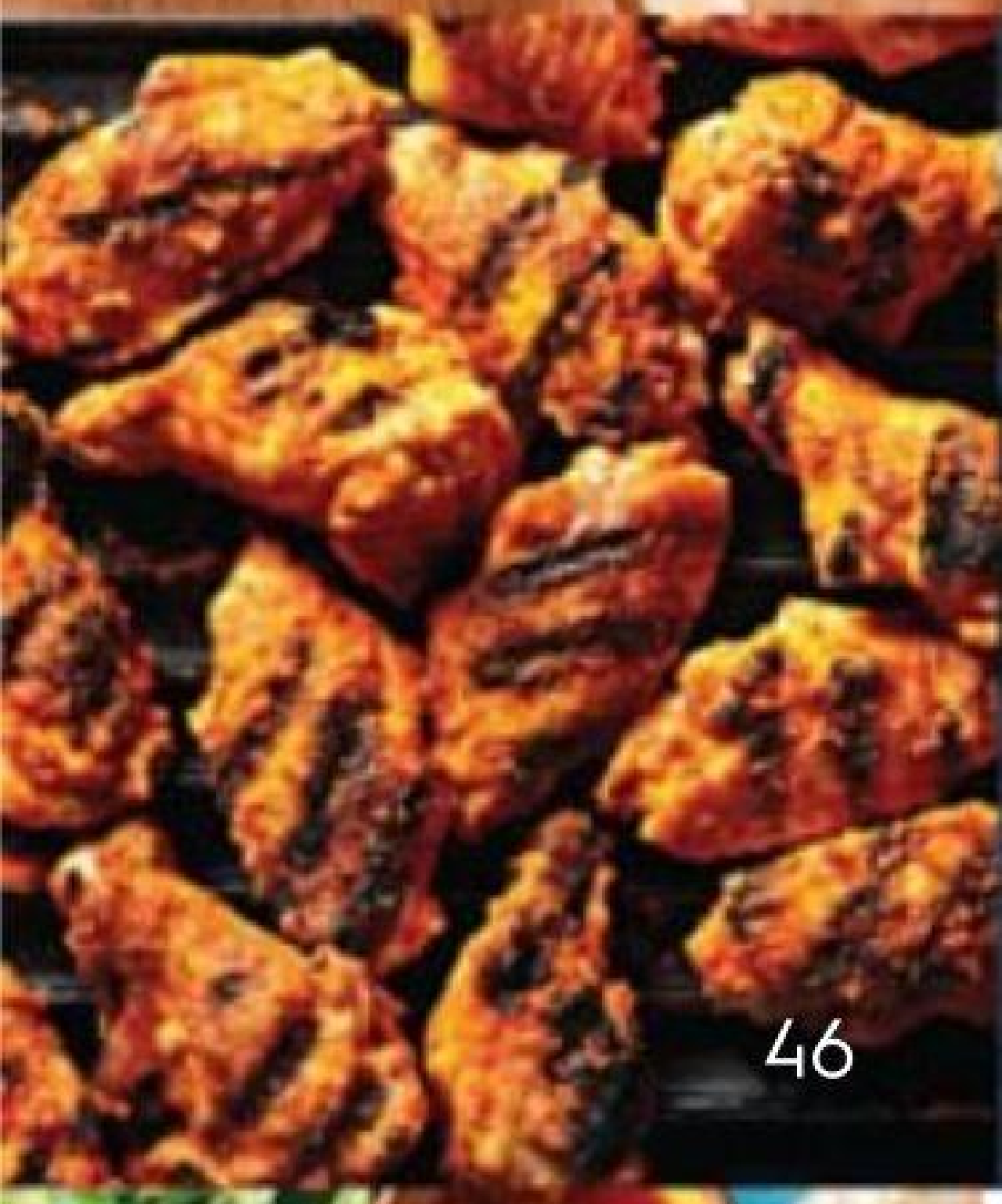

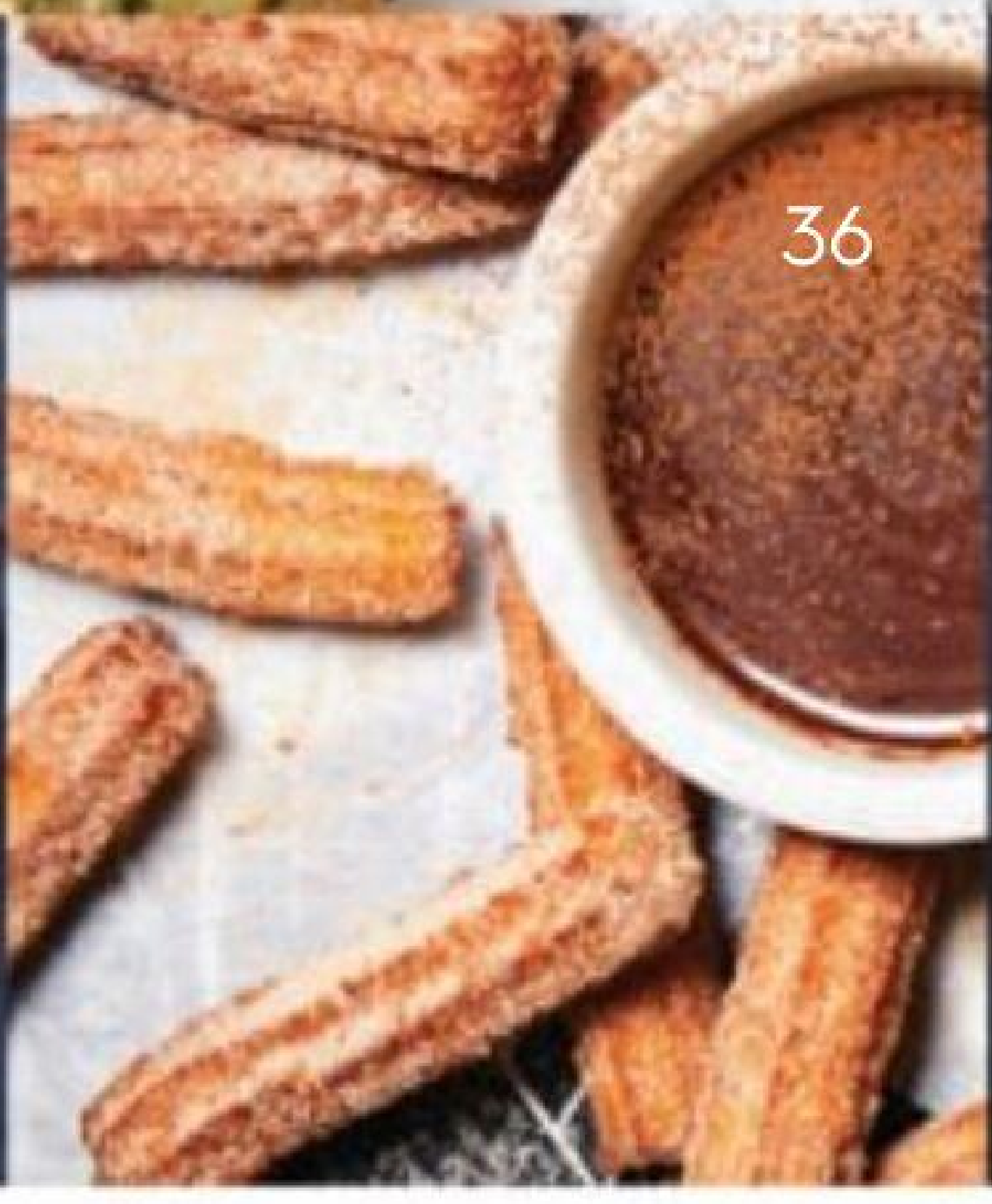

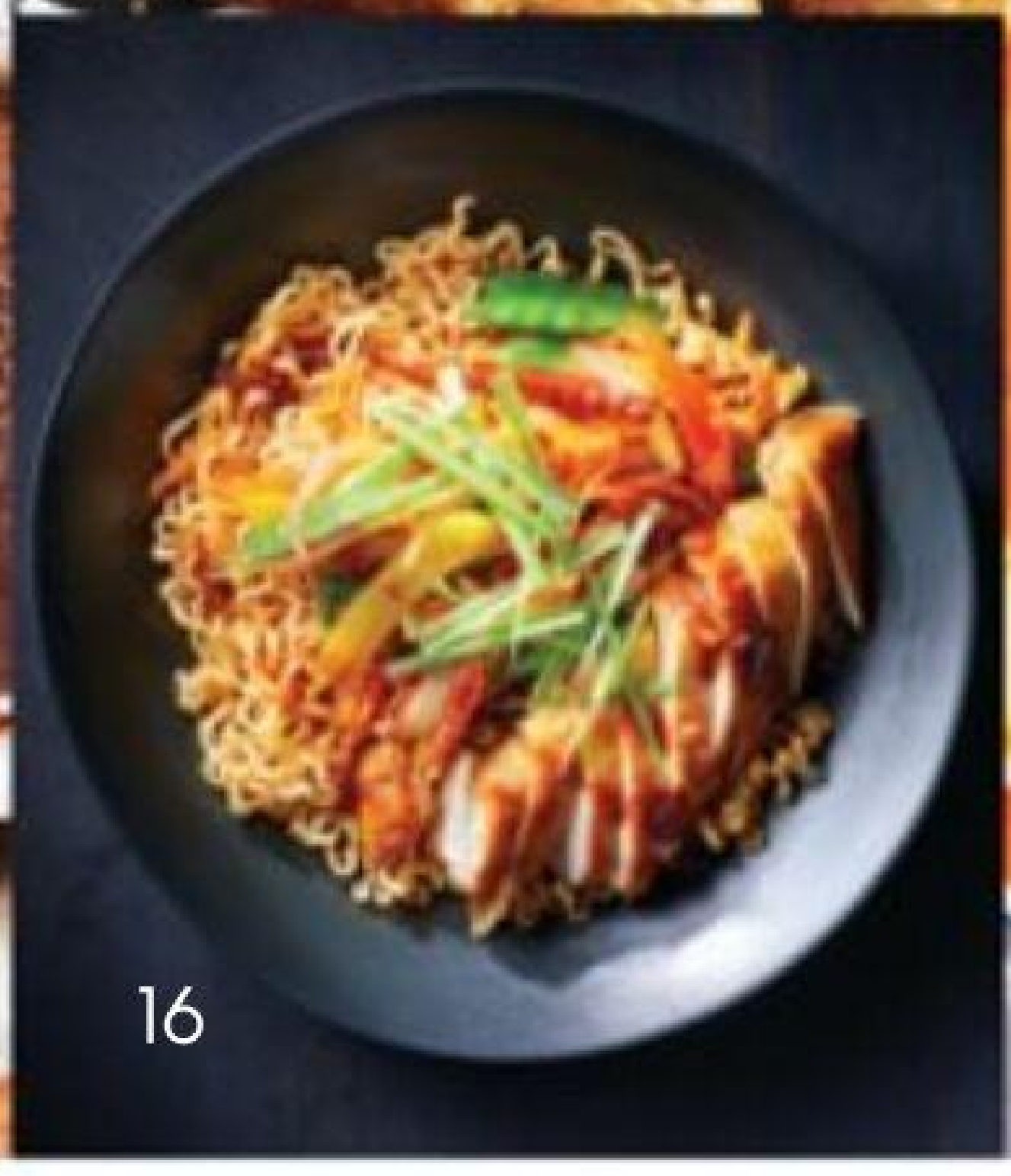

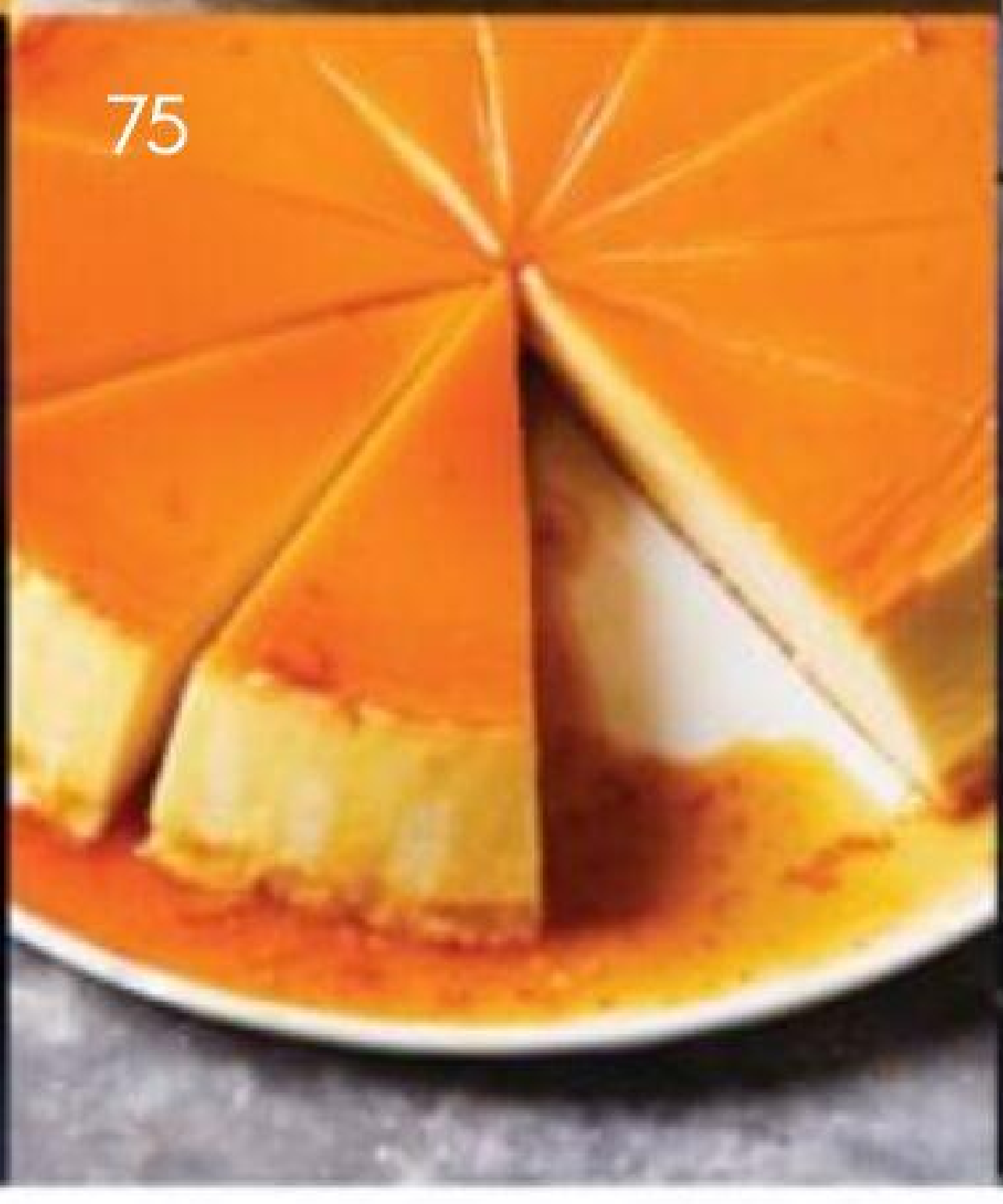

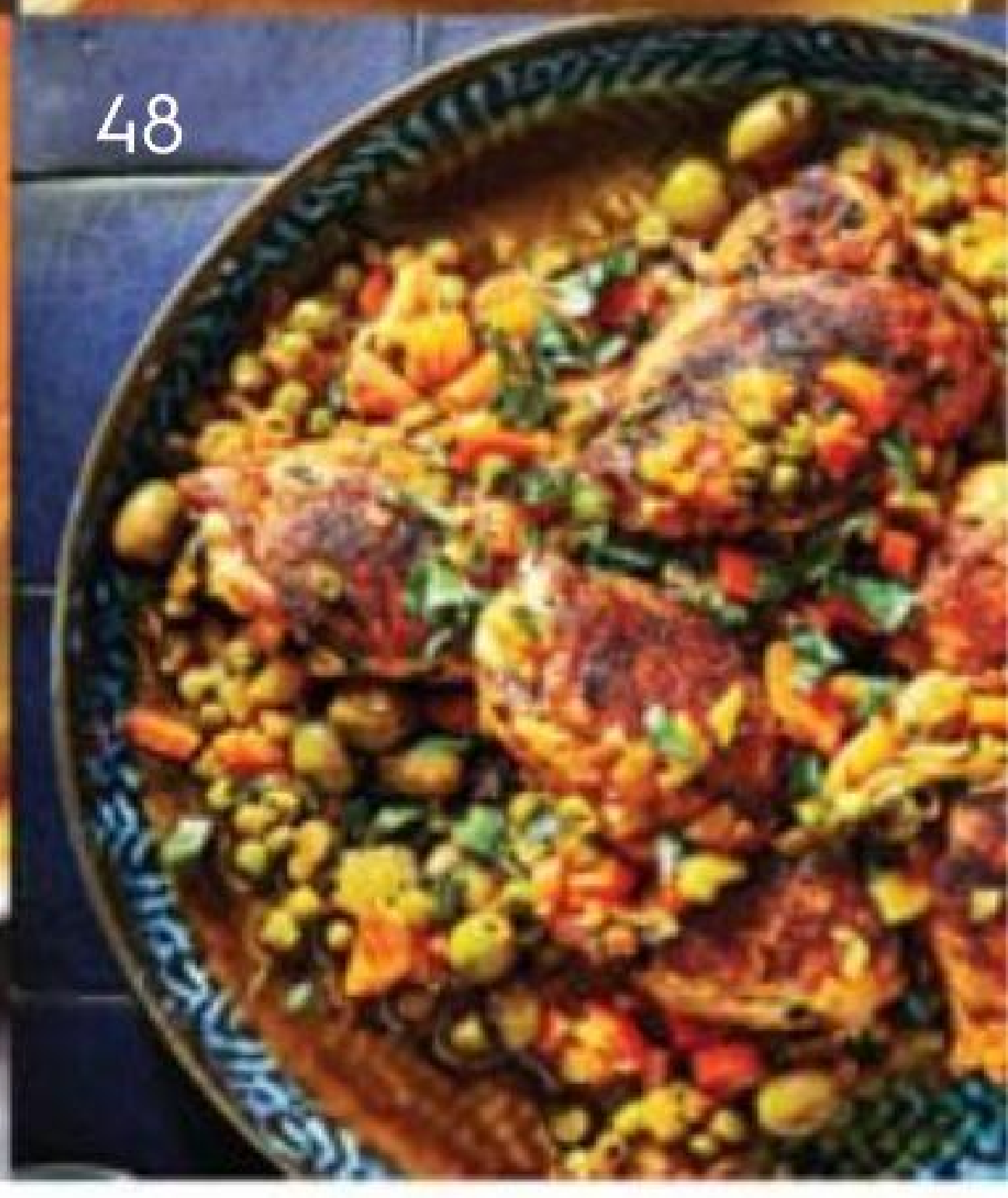

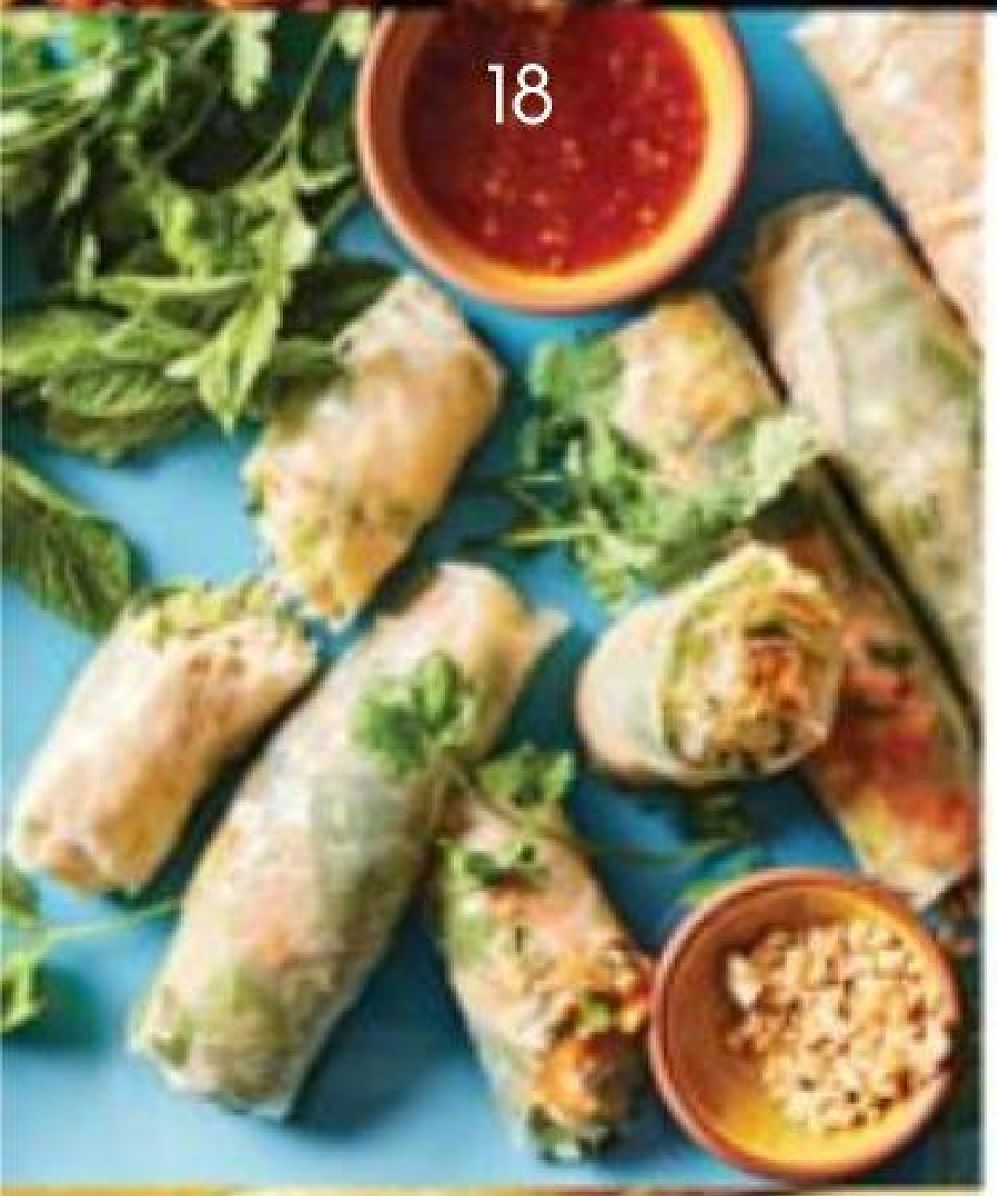

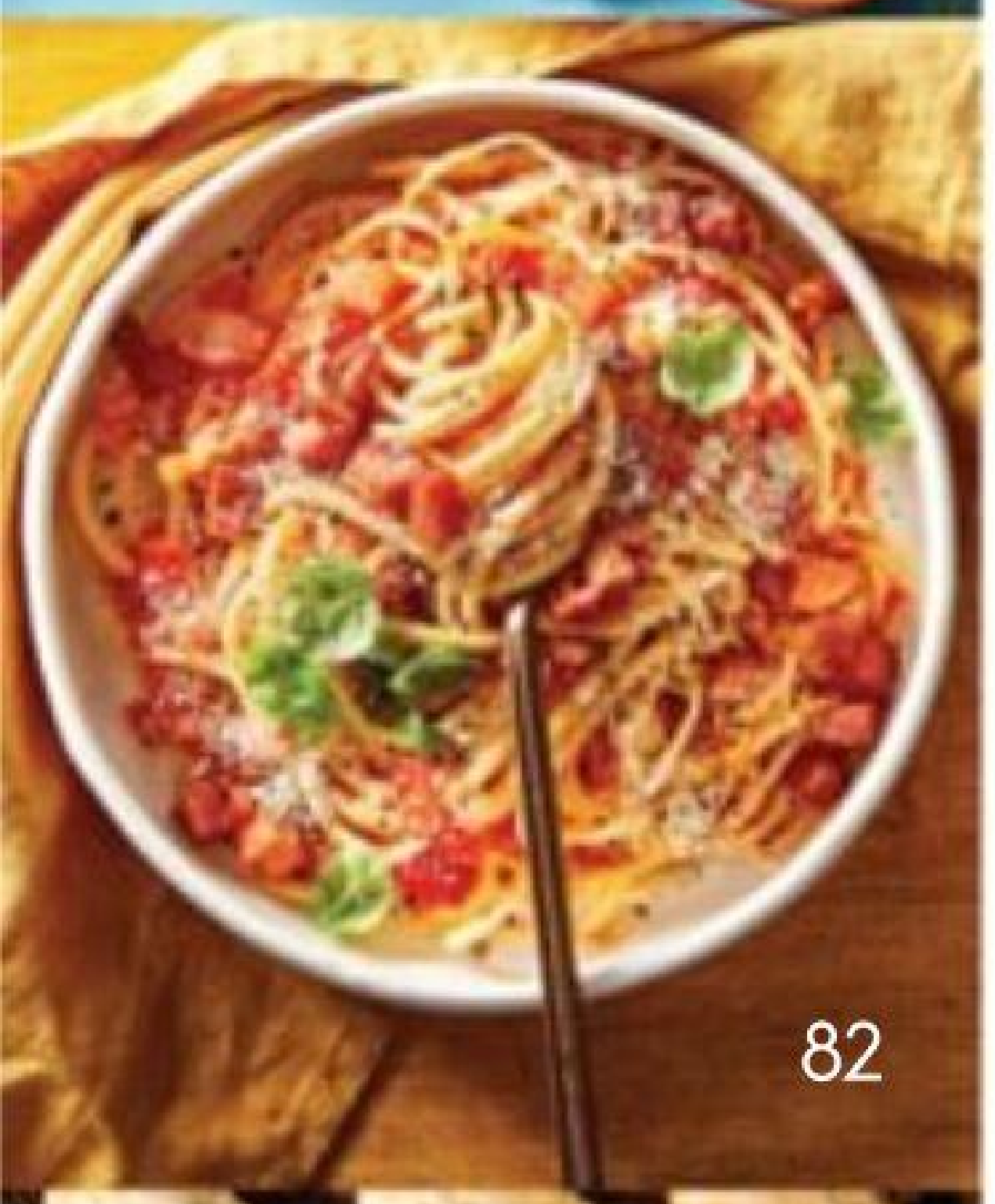

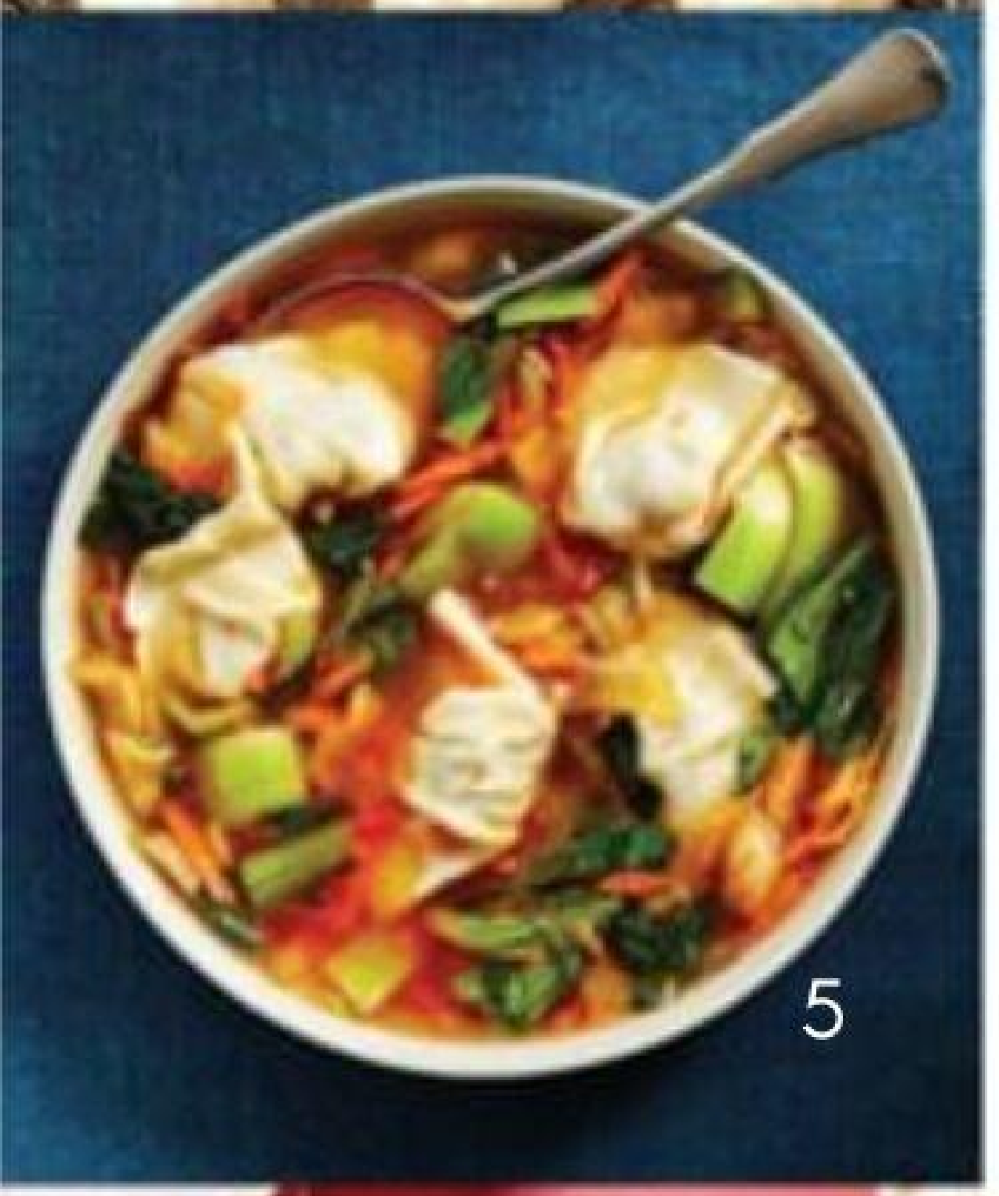

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Across the globe, food is the heart and soul of every society, offering a glimpse into the cultures and identities of its people. Even for those who have not traveled to these destinations, a full sensory adventure is within reach through the flavors that weave together the rich culinary fabric of each locale. In this title, we lean into the ingredients and techniques that make up cultures of food worldwide, learning about the people and environments from which they arose. From bustling street markets to refined dining establishments, these recipes are inspired by the way food is created, prepared, and enjoyed by the people on our beautifully diverse planet.

General Tso's Sheet-Pan Chicken and Vegetables

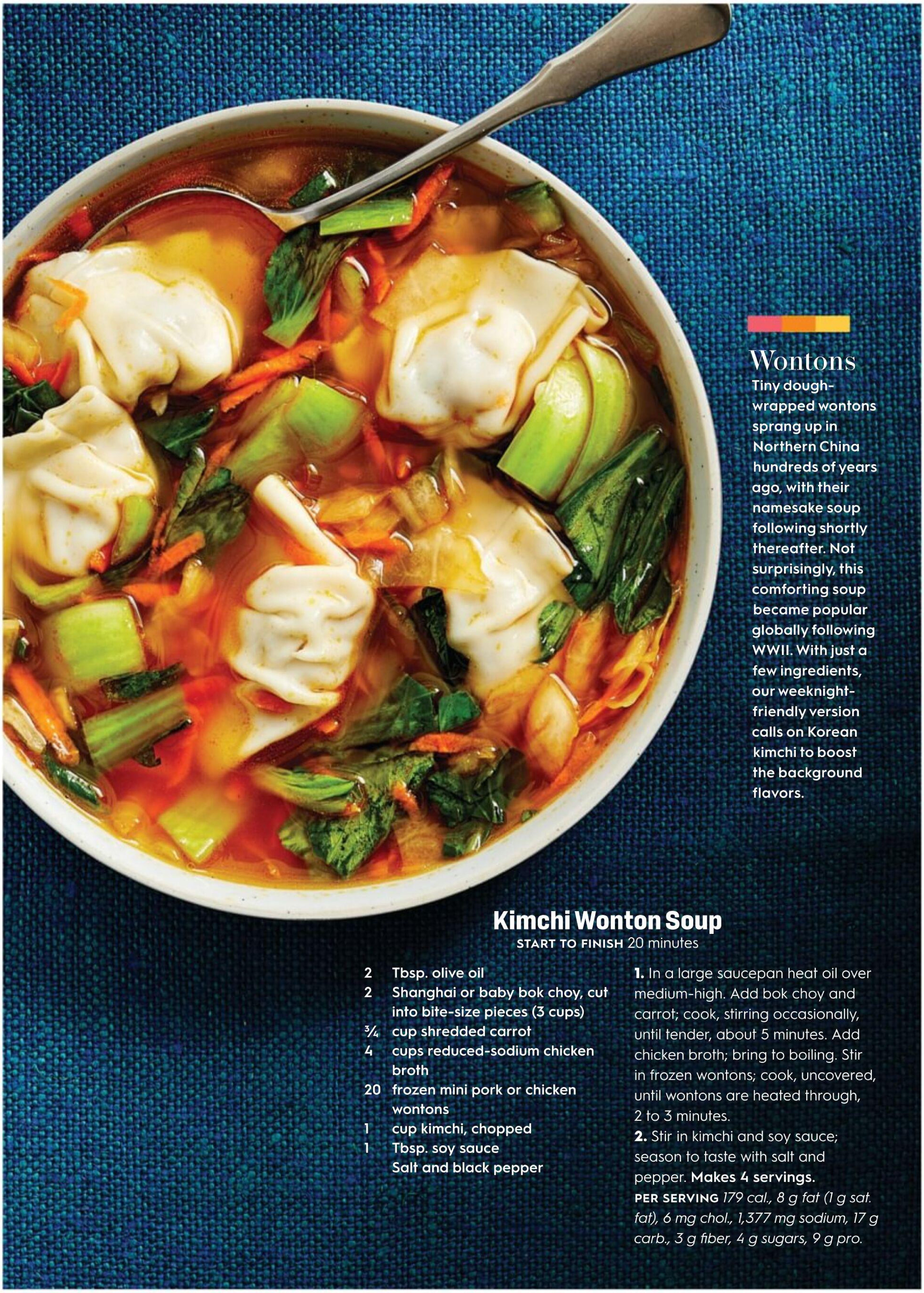
HANDS ON 10 minutes
BAKE 25 minutes at 400°F

- **1 cup bite-size strips red bell pepper**
- **1 Tbsp. vegetable oil, divided**
- **½ of a 24- to 29-oz. pkg. frozen cooked, breaded popcorn chicken**
- **3 cups fresh broccoli florets**
- **1 cup bottled General Tso's sauce, divided**
- **¼ cup slivered green onions**
- **2 tsp. toasted sesame seeds**
- **Hot cooked rice (optional)**

1. Preheat oven to 400°F. Line a 15x10-inch baking pan with foil. Place red pepper in prepared pan. Drizzle with 1½ tsp. of the oil; toss to coat. Add popcorn chicken to the pan. Spread in an even layer. Bake 10 minutes.
2. Add broccoli and remaining 1½ tsp. oil to pan; toss to coat. Bake until chicken is heated through (165°F) and vegetables are tender, 15 minutes.
3. Drizzle chicken mixture with ½ cup General Tso sauce; toss to coat. Sprinkle with green onions and sesame seeds. If you like, serve with rice. Pass remaining sauce. **Makes 4 servings.**

PER SERVING *417 cal., 18 g fat (4 g sat. fat), 81 mg chol., 1,332 mg sodium, 51 g carb., 2 g fiber, 42 g sugars, 14 g pro.*

General Tso's Chicken **The original version of this sweet-sour dish with bites of fried chicken and veggies was created by a Chinese chef in Taiwan in the mid-20th century, but it was a far cry from the sweetened-up version Americans have come to know and love. This sped-up copycat recipe uses popcorn chicken and bottled sauce to get it on the table quickly.**



Wontons

Tiny dough-wrapped wontons sprang up in Northern China hundreds of years ago, with their namesake soup following shortly thereafter. Not surprisingly, this comforting soup became popular globally following WWII. With just a few ingredients, our weeknight-friendly version calls on Korean kimchi to boost the background flavors.

Kimchi Wonton Soup

START TO FINISH 20 minutes

2	**Tbsp. olive oil**
2	**Shanghai or baby bok choy, cut into bite-size pieces (3 cups)**
¾	**cup shredded carrot**
4	**cups reduced-sodium chicken broth**
20	**frozen mini pork or chicken wontons**
1	**cup kimchi, chopped**
1	**Tbsp. soy sauce**
	Salt and black pepper

1. In a large saucepan heat oil over medium-high. Add bok choy and carrot; cook, stirring occasionally, until tender, about 5 minutes. Add chicken broth; bring to boiling. Stir in frozen wontons; cook, uncovered, until wontons are heated through, 2 to 3 minutes.

2. Stir in kimchi and soy sauce; season to taste with salt and pepper. **Makes 4 servings.**

PER SERVING *179 cal., 8 g fat (1 g sat. fat), 6 mg chol., 1,377 mg sodium, 17 g carb., 3 g fiber, 4 g sugars, 9 g pro.*

Fried Rice

The roots of this dish can be traced back to the Sui dynasty (581–618 CE), when people appeared to have the same practical need to use up leftovers like rice as we do today. There are many flavorful versions of this dish throughout China and Asia.

Fried Rice

START TO FINISH 30 minutes

- **2 eggs**
- **1 tsp. plus 2 Tbsp. soy sauce, divided**
- **1 tsp. toasted sesame oil or vegetable oil**
- **½ tsp. minced garlic (1 clove)**
- **1 Tbsp. vegetable oil**
- **½ cup thinly bias-sliced celery**
- **¾ cup sliced fresh mushrooms**
- **2 cups chilled cooked white rice or one 8.5-oz. pouch cooked white rice**
- **½ cup julienned carrots or packaged fresh julienned carrots**
- **½ cup frozen peas**
- **¼ cup sliced green onions**

1. In a small bowl lightly beat eggs and 1 tsp. soy sauce.

2. In a wok or 10-inch skillet heat sesame oil over medium. Add garlic and cook 30 seconds. Add egg mixture and cook, without stirring, until nearly set. Turn egg and cook until just set. Turn egg out onto a cutting board. Roll up egg sheet; cut into thin slices.

3. Add vegetable oil to wok (add more as necessary during cooking). Heat over medium-high. Add celery; cook and stir 1 minute. Add mushrooms; cook until vegetables are crisp-tender, 1 to 2 minutes.

4. Add rice, carrots, peas, and 2 Tbsp. soy sauce to wok. Cook and stir until heated through, 4 to 6 minutes. Add sliced egg and green onions; cook and stir until heated through, 1 minute. **Makes 3 servings.**

PER SERVING *284 cal., 10 g fat (2 g sat. fat), 124 mg chol., 874 mg sodium, 38 g carb., 3 g fiber, 3 g sugars, 11 g pro.*

ADD INS

Stir in your favorite protein when adding the rice.

SHRIMP: 12 oz. peeled and deveined cooked shrimp

TOFU: 8 oz. extra-firm tofu, cut into ¾-inch cubes

PORK: 12 oz. chopped cooked pork

CHICKEN: 12 oz. chopped cooked chicken

Japanese-Style Curry Udon

START TO FINISH 30 minutes

8 oz. boneless beef sirloin steak
¼ tsp. salt
¼ tsp. black pepper
2 tsp. vegetable oil
1 large onion, cut into thin wedges
1 cup sliced fresh button, cremini, or stemmed shiitake mushrooms
⅓ cup sweet rice wine (mirin)
3 cups hot water
1 cup thinly sliced carrots
½ of a 7.8-oz. pkg. Japanese curry roux, such as Golden Curry
2 7.1-oz. pkg. cooked udon noodles
2 to 3 green onions, thinly sliced

1. Trim meat; cut meat into bite-size pieces. Sprinkle with salt and pepper. In a 12-inch skillet heat oil over medium-high. Add meat; cook and stir until browned, 5 minutes. Remove from skillet.

2. Add onion and mushrooms to skillet; cook and stir until browned, 3 minutes. Carefully add wine, scraping up any crusty brown bits. Stir in hot water, carrots, and curry roux. Bring to boiling; reduce heat. Simmer, uncovered, stirring occasionally, until sauce is thickened and carrots are tender, 6 minutes.

3. Stir in meat and noodles. Cook until heated through, 2 minutes more. Top servings with green onions. **Makes 6 servings.**

PER SERVING *330 cal., 8 g fat (4 g sat. fat), 20 mg chol., 1,044 mg sodium, 49 g carb., 4 g fiber, 12 g sugars, 12 g pro.*

Udon **This Japanese comfort food stars plump udon noodles and veggies cloaked in a lusciously thick curry sauce. Though they look like chunky bouillon cubes, Japanese curry cubes are both a seasoning and a thickener, creating a richly spiced sauce. You can find them in most large supermarkets with the curry pastes.**

Steak and Snow Pea Yakisoba

START TO FINISH 20 minutes

- **1 lb. beef sirloin steak, trimmed and cut into ¼-inch-thick strips**
- **Salt and black pepper**
- **⅓ cup hoisin sauce**
- **2 Tbsp. warm water**
- **2 Tbsp. rice vinegar or cider vinegar**
- **2 Tbsp. canola oil, divided**
- **6 oz. snow peas, trimmed and halved crosswise**
- **11 oz. fresh yakisoba noodles, seasoning packet discarded**
- **Soy sauce and crushed red pepper (optional)**

1. Season beef with salt and pepper. In a small bowl combine hoisin sauce, the 2 Tbsp. water, and the vinegar.
2. In a 12-inch wok or skillet heat 1 Tbsp. of the oil over high. Add the beef to wok; cook, without stirring, 1 minute. Stir; cook until the steak is browned, 2 minutes more. Transfer steak and the juices to a bowl.
3. Return wok or skillet to heat; add remaining 1 Tbsp. oil. Add snow peas; stir-fry until crisp-tender and bright green, 1 minute.
4. Reduce heat to medium. Loosen noodles with your hands. Add noodles, steak, accumulated juices, and the hoisin mixture to wok. Stir-fry until the noodles are heated through, 2 minutes. Season to taste with soy sauce and crushed red pepper, if you like. **Makes 4 servings.**

PER SERVING *484 cal., 24 g fat (7 g sat. fat), 91 mg chol., 551 mg sodium, 38 g carb., 3 g fiber, 10 g sugars, 28 g pro.*

Yakisoba **This Japanese-style stir-fry uses noodles as the main attraction and is tossed with meat and bite-size veggies. If you prefer, you can use sliced chicken breast or pork in place of the beef.**

NOODLE SWAP

Look for fresh yakisoba noodles in the refrigerated section of large supermarkets (often near produce). If you can't find these noodles, substitute Chinese egg noodles, ramen, or even spaghetti. Cook according to package directions before adding to wok. If noodles come with a seasoning packet, discard it or save for another use.

Serve between slices of Japanese milk bread or in lettuce leaves topped with pickled radishes.

Japanese-Style Egg Salad

The key to Japanese egg salad is Kewpie mayonnaise, a condiment that calls on egg yolks, cider vinegar, and monosodium glutamate to create umami goodness. When bookended by two slices of Japanese milk bread, the sandwich made from this egg salad (or any egg-based filling) is known as tamago sando. We added cucumber, onion, and turkey for extra flavor oomph, but you can leave those ingredients out for a purer egg salad experience.

Japanese-Style Egg Salad

START TO FINISH 10 minutes

⅓ cup Kewpie mayonnaise or mayonnaise
¼ cup finely chopped Japanese cucumber or Persian cucumber
¼ cup chopped deli turkey
¼ cup chopped green onions
¼ tsp. salt
⅛ tsp. black pepper
8 hard-boiled eggs, peeled and chopped
Furikake seasoning (optional)
12 slices Japanese milk bread (shokupan) (optional)

1. In a medium bowl combine the first six ingredients (through pepper). Fold in the chopped eggs, mashing them slightly, if you like.

2. Sprinkle with furikake (if using). If you like, sandwich egg mixture between slices of bread. **Makes 6 servings.**

PER SERVING *210 cal., 17 g fat (4 g sat. fat), 275 mg chol., 308 mg sodium, 1 g carb., 0 g fiber, 1 g sugars, 10 g pro.*

One-Pot Bibimbap Rice

HANDS ON 20 minutes **COOK** 45 minutes

1 Tbsp. vegetable oil
2 cups sliced shiitake or cremini mushrooms
3 Tbsp. minced garlic (18 cloves)
2 tsp. grated fresh ginger
1¾ to 2 cups reduced-sodium beef broth
1 cup brown short-grain rice, rinsed and drained
¼ tsp. salt
2 cups packed fresh baby spinach, chopped
1 lb. ground beef
2 Tbsp. gochujang
2 Tbsp. reduced-sodium soy sauce
1 Tbsp. rice vinegar
1 Tbsp. toasted sesame oil
1 Tbsp. sugar
Toppers, such as shredded carrots, sliced green onions, fried eggs, and/or black pepper (optional)

1. In a 3-qt. pot heat vegetable oil over medium-high. Add mushrooms; cook, stirring occasionally, until tender and juices have released, about 6 minutes. Add garlic and ginger; cook and stir 1 minute. Stir in broth, scraping up browned bits from the bottom of the pot. Stir in rice and salt. Bring to boiling; reduce heat. Simmer, covered, until rice is tender, about 45 minutes.

2. Fluff rice with a fork. Gently toss in spinach. Cover; let stand 2 minutes. Divide rice mixture among 4 bowls. Cover to keep warm.

3. In same pot cook and stir ground beef over medium until browned; drain off any fat. In a small bowl combine next five ingredients (through sugar). Stir gochujang mixture into cooked beef.

4. Serve beef over rice with toppers (if using) and additional gochujang.

Makes 4 servings.

PER SERVING *506 cal., 23 g fat (6 g sat. fat), 75 mg chol., 955 mg sodium, 44 g carb., 4 g fiber, 8 g sugars, 28 g pro.*

Bibimbap

In Korean, bibimbap translates to “mixed rice,” a dish with various veggies, meats, and toppings over steaming hot rice. Gochujang sauce, a key flavoring ingredient in this recipe, is a Korean condiment made of fermented soybeans, rice, and gochugaru (info, *p. 12*). Look for gochujang in Asian markets or large supermarkets, or order online.

Cheese Buldak

START TO FINISH 30 minutes

- ⅓ cup gochugaru (Korean red pepper flakes)
- 3 Tbsp. sugar
- 2 Tbsp. water
- 2 Tbsp. gochujang
- 2 Tbsp. reduced-sodium soy sauce
- 2 tsp. minced garlic (4 cloves)
- 1 Tbsp. rice vinegar
- 1 Tbsp. vegetable oil
- 2 tsp. toasted sesame oil
- 2 tsp. grated fresh ginger
- 2 lb. skinless, boneless chicken breast and/or thighs, cut into bite-size pieces
- 2 cups shredded mozzarella cheese (8 oz.)
- 1 tsp. toasted sesame seeds (tip, *p. 12*)
- Kimchi or pickled radishes (optional)

1. Preheat broiler. In a large bowl whisk together first 10 ingredients (through ginger) until a paste forms. Add chicken, stirring to coat.
2. Heat a 10-inch broilerproof skillet over medium. Spread chicken mixture into hot skillet. Cook, without stirring, until chicken is beginning to brown, 5 minutes. Cook and stir until sauce is thickened and chicken is no longer pink, 3 minutes more.
3. Sprinkle chicken mixture with cheese. Broil 4 to 5 inches from heat until cheese is melted, 2 to 3 minutes. Top with sesame seeds. Serve with kimchi (if using). **Makes 4 servings.**

PER SERVING *562 cal., 23 g fat (8 g sat. fat), 201 mg chol., 860 mg sodium, 21 g carb., 1 g fiber, 14 g sugars, 66 g pro.*

Cheese Buldak

Also known as fire chicken with cheese, this spicy Korean dish features gochugaru- and gochujang-coated chicken topped with melty cheese to cut the heat. If you like, serve with hot cooked rice on the side.

To toast sesame seeds, heat a small dry skillet over medium. Add sesame seeds; cook, shaking pan frequently, until lightly browned, 1 to 2 minutes. Remove and cool.

Bulgogi

As one of the most iconic foods of Korea, this is a hearty marinated and grilled meat dish. The marinade calls for pear, which adds sweetness and contains calpain, an enzyme that helps to tenderize the meat. Serve bulgogi over hot cooked rice or tuck inside lettuce leaves.

Bulgogi with Grilled Onions

HANDS ON 30 minutes **FREEZE** 1 hour 30 minutes **MARINATE** 30 minutes

GOCHUGARU

Gochugaru, or Korean chile flakes, is a signature ingredient in kimchi. It has smoky, fruity notes and is milder than the pepper flakes you'd sprinkle on a pizza. As a garnish, it adds a little kick and color to this dish, but isn't required.

2	**lb. boneless beef ribeye steaks, top sirloin, or beef chuck**
½	**of a medium Asian pear, Bosc pear, or red cooking apple, peeled, cored, and shredded**
6	**Tbsp. reduced-sodium soy sauce**
3	**Tbsp. packed brown sugar**
2	**Tbsp. sweet rice wine (mirin)**
2	**Tbsp. minced garlic (12 cloves)**
1	**Tbsp. grated fresh ginger**
½	**tsp. black pepper**
2	**Tbsp. toasted sesame oil**
12	**thick green onions**
2	**Tbsp. canola oil**
½	**tsp. salt**
1½	**Tbsp. sesame seeds, toasted (tip, *above left*)**
	Gochugaru (info, *left*) (optional)
	Hot cooked jasmine rice
	Large romaine lettuce leaves (optional)

1. Wrap steak in plastic wrap; freeze until firm, 1½ to 2 hours. (This will make the steak easier to thinly slice.)

2. Meanwhile, for marinade, in a medium bowl combine the next seven ingredients (through black pepper). Whisk to dissolve sugar. Slowly add sesame oil in a steady stream, whisking constantly, until mixture is emulsified.

3. Remove steak from freezer. Slice steak very thinly across the grain into ⅛ inch thick slices. Place steak in a shallow baking dish. Add marinade; use tongs to turn steak to coat completely. Cover and chill at least 30 minutes or overnight.

4. When ready to grill, brush green onions with canola oil and season with salt. Preheat a grill pan or basket on grill rack over medium-high. Drain steak, discarding marinade. Arrange steak slices in an even layer in grill pan. Place green onions on grill rack. Grill steak slices and green onions, covered, over medium-high, turning frequently, until green onions are lightly charred and the meat is no longer pink, 2 to 4 minutes for onions and 8 to 10 minutes for steak. Transfer steak and onions to a platter.

5. Sprinkle steak and onions with sesame seeds and gochugaru (if using). Slice green onions. Serve steak and rice in lettuce leaves topped with green onions. **Makes 4 servings.**

PER SERVING *510 cal., 32 g fat (10 g sat. fat), 145 mg chol., 506 mg sodium, 10 g carb., 3 g fiber, 3 g sugars, 47 g pro.*

Coconut Laksa Noodles

START TO FINISH 30 minutes

- **8 oz. fresh or frozen peeled and deveined shrimp**
- **2 Tbsp. vegetable oil, divided**
- **1 14- to 16-oz. pkg. extra-firm water-packed tofu, drained, patted dry, and cut into 1-inch cubes**
- **¼ cup sliced shallots**
- **2 cloves garlic, sliced**
- **1 tsp. grated fresh ginger**
- **½ cup laksa paste (info, *below right*)**
- **1 14-oz. can unsweetened coconut milk (not light)**
- **1 14.2-oz. pkg. cooked hokkien stir-fry noodles**
- **Fresh bean sprouts**
- **Chopped fresh cilantro**
- **Chili paste (sambal oelek)**
- **Lime wedges**

1. Thaw shrimp if frozen. Rinse shrimp; pat dry. In a 12-inch wok or skillet heat 1 Tbsp. of the oil over medium-high. Add tofu; cook, without turning, until browned on one side, 2 minutes. Turn and cook until well browned, 2 to 3 minutes more. Transfer to a plate.

2. Add remaining 1 Tbsp. oil to wok. Add shrimp; cook, turning once, until opaque, 1 minute. Transfer to plate with tofu.

3. Reduce heat to medium. If needed, add additional oil to wok. Add shallots, garlic, and ginger; cook and stir until softened, 1 to 2 minutes. Whisk in laksa paste. Gradually whisk in coconut milk until combined. Stir in noodles, tofu, and shrimp; heat through.

4. Top servings with bean sprouts and cilantro. Serve with chili paste and lime wedges. **Makes 8 servings.**

PER SERVING *379 cal., 22 g fat (13 g sat. fat), 49 mg chol., 1,516 mg sodium, 31 g carb., 5 g fiber, 9 g sugars, 16 g pro.*

Laksa This aromatic recipe—from Peranakan culture, a fusion of influences including Chinese, Malaysian, and Indonesian—blends noodles with a rich coconut- and curry-based sauce. While our version calls on tofu for protein, traditional versions might contain other proteins like chicken, prawns, shrimp, or eggs.

LAKSA PASTE

This paste-like mixture is made from a bounty of flavorful ingredients including lemongrass, chiles, and oil. Purchasing a package of laksa curry paste is the best way to get authentic flavors from traditional but harder-to-find ingredients like galangal (similar to ginger). Once the paste hits the pan, chiles create potent fumes, so make sure you have good ventilation.

Sinigang Soup

HANDS ON 20 minutes **COOK** 2 hours 20 minutes **CHILL** 6 hours

Sinigang

Pronounced SIN-E-GAHNG, this soup is indigenous to the Philippines and relies on the distinctive sourness of tamarind for its flavor. Here we call for an envelope of sinigang seasoning, the easiest way to get all the seasonings in one place (look for these in Asian markets or online). While this veggie-loaded recipe calls for pork or beef, you can load in whatever protein you have on hand—chicken, seafood, or a combo.

2	**lb. boneless pork shoulder or beef chuck, cut into 1-inch pieces**
8	**cups water**
3	**to 4 medium tomatoes, quartered**
1	**large onion, quartered**
1	**1.76-oz. packet sinigang sa sampalok tamarind seasoning mix (such as Mama Sita's brand)**
8	**oz. fresh green beans, trimmed and cut as desired**
1	**to 2 small whole banana peppers (optional)**
1	**to 2 Japanese eggplants (talong), halved lengthwise and cut into 1-inch chunks**
5	**oz. fresh spinach**
3	**to 4 cups steamed jasmine rice**
	Fish sauce

1. For meat and broth, place meat in a large saucepan. Add the water. Bring to boiling; reduce heat. Simmer, covered, until meat is fork-tender, 1½ hours. Remove meat with a slotted spoon. Cover and chill broth and meat until fat is solid in broth, at least 6 hours. Lift the fat off surface of broth; discard fat. Chop meat.

2. To prepare soup, in a 5- to 6-qt. pot combine the chilled broth, tomatoes, onion, and seasoning mix. Bring to boiling; reduce heat. Simmer, uncovered, until onion is tender, 30 minutes.

3. Add green beans and peppers (if using); simmer, uncovered, 10 minutes. Add eggplant and cooked meat. Simmer, uncovered, until eggplant is tender, about 10 minutes.

4. Stir in spinach. Serve with rice. Season to taste with fish sauce.

Makes 6 servings.

PER SERVING *288 cal., 1 g fat, 212 mg chol., 1,773 mg sodium, 0 mg chol., 38 g carb., 5 g fiber, 8 g sugars, 31 g pro.*

Spicy Pork Noodles with Crispy Basil and Eggs

START TO FINISH 30 minutes

½	**cup oyster sauce**
2	**Tbsp. reduced-sodium soy sauce**
2	**Tbsp. fish sauce**
2	**tsp. sugar**
8	**oz. dried bean thread noodles**
4	**Tbsp. vegetable oil, divided**
1	**lb. ground pork, turkey, or chicken**
2	**tsp. minced garlic (4 cloves)**
1	**to 2 fresh serrano peppers or 2 to 4 fresh Thai peppers, thinly sliced (tip, *p. 22*)**
½	**cup thinly sliced onion**
4	**oz. green beans, trimmed and cut into 1-inch pieces**
1	**medium red bell pepper, cut into thin bite-size strips**
1	**cup coarsely chopped fresh basil**
6	**eggs**
	Black pepper
	Fried basil leaves (tip, *below right*) or chopped fresh basil

1. For sauce, in a small bowl combine oyster sauce, soy sauce, fish sauce, and sugar. Cook noodles according to package directions; drain.

2. In a 12-inch wok or skillet heat 2 Tbsp. of the oil over medium-high. Add ground meat; spread in an even layer. Top with garlic and serrano peppers. Cook, without stirring, until meat is browned on bottom, 2 minutes. Stir to break up meat. Add onion and green beans; cook and stir until meat is no longer pink, 1 minute more. Add bell pepper, 1 cup basil, noodles, and sauce. Cook until basil is wilted and some of the sauce is absorbed, tossing gently. Remove from heat; cover to keep warm.

3. In a 12-inch nonstick skillet heat remaining 2 Tbsp. oil over medium-high. Add eggs; cook, without turning and spooning oil over whites as they cook, until whites are set, yolks are jammy, and edges are lacy and starting to brown, 4 to 5 minutes. Season with black pepper.

4. Serve noodles topped with crispy fried eggs and fried basil leaves.

Makes 6 servings.

PER SERVING *517 cal., 29 g fat (8 g sat. fat), 240 mg chol., 1,323 mg sodium, 41 g carb., 1 g fiber, 4 g sugars, 21 g pro.*

To fry basil leaves, in a 6-inch skillet heat 3 Tbsp. vegetable oil over medium. Add fresh basil leaves, a few at a time, and cook until light brown and crisp, 1 to 2 minutes. Remove with a slotted spoon and drain on paper towels.

Spicy Pork Noodles Inspired by Thai pad kra pao, a stir-fry traditionally made with holy basil, this version uses fresh basil as liberally as one would use spinach. Crispy fried eggs add richness, protein, and an extra layer of flavor to the colorful and aromatic noodle dish.

Firecracker Ramen Stir-Fry

HANDS ON 30 minutes **BAKE** 18 minutes at 425°F

⅓	cup reduced-sodium soy sauce
¼	cup packed brown sugar
3	Tbsp. ketchup
2	Tbsp. sriracha sauce
1	Tbsp. toasted sesame oil
1	tsp. crushed red pepper
½	tsp. black pepper
1	Tbsp. minced garlic (6 cloves), divided
4	skinless, boneless chicken breasts (6 to 8 oz. each)
2	3-oz. pkg. ramen noodles
1	Tbsp. vegetable oil
2	tsp. grated fresh ginger
5	to 6 dried chiles de árbol
1	cup slivered onion
2	cups thinly sliced red and/or yellow bell peppers
1	cup fresh snow peas, halved
½	cup coarsely shredded carrot
	Slivered green onion

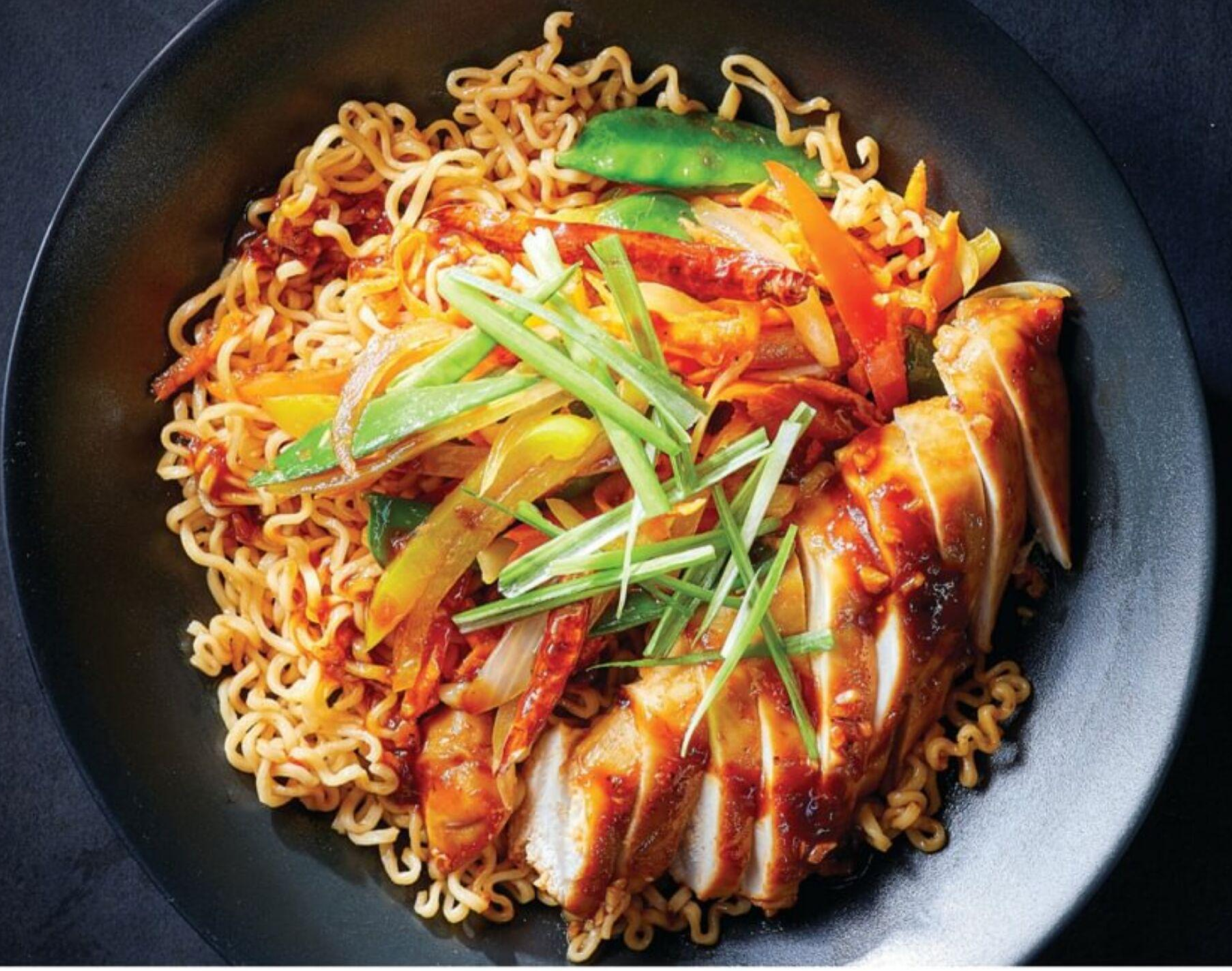
1. Preheat oven to 425°F. For sauce, in a small bowl whisk together the first seven ingredients (through black pepper) and 1½ tsp. of the garlic. Transfer sauce to a 2-qt. rectangular baking dish. Add chicken breasts. Turn to coat.

2. Bake chicken until cooked through (165°F), turning once to coat again with sauce, 18 to 20 minutes. Transfer chicken to a cutting board. Cover with foil. Reserve sauce in baking dish. Meanwhile cook ramen noodles according to package directions (discard seasoning packets); drain and set aside.

3. In a 12-inch wok or skillet heat vegetable oil over medium-high. Add ginger, remaining 1½ tsp. garlic, and the chiles. Cook and stir until fragrant, about 1 minute. Add onion, bell peppers, snow peas, and carrot. Cook, stirring frequently, until vegetables are crisp-tender, about 5 minutes. Set aside about ¼ cup of the reserved sauce for topping. Add remaining sauce and cooked noodles to wok. Cook 2 minutes to heat through, stirring gently.

4. Divide noodle mixture between bowls. Slice chicken breasts and arrange over noodle mixture in bowls. Top with reserved sauce and slivered green onion. **Makes 4 servings.**

PER SERVING *600 cal.,19 g fat (5 g sat. fat), 124 mg chol., 995 mg sodium, 60 g carb., 4 g fiber, 22 g sugars, 47 g pro.*



Sriracha Sauce Over the years, sriracha sauce has shot up in popularity and can now be found as a feature flavor on restaurant menus and in food brands worldwide. The sauce—a red-hot mixture of pureed chiles, vinegar, salt, and a bit of sugar—originated in Thailand, but is widely available in supermarkets.

Thai Curries

These ultra-flavorful dishes are based on sauces made from aromatic herbs and spices, which are then tossed with proteins and vegetables. Thai curries are much more diverse than the red, green, and yellow types offered in restaurants and supermarkets. Many regions feature their own unique versions that weave together stories of the area's culture and diversity. For speed and efficiency, this recipe relies on purchased curry paste.

Chicken-and-Vegetable Curry

HANDS ON 20 minutes
COOK 25 minutes

- 1 cup thin onion wedges
- 1 Tbsp. peanut oil or vegetable oil
- 1 stalk lemongrass
- 1 tsp. minced garlic (2 cloves)
- 2 tsp. minced fresh ginger
- ⅓ cup red or green curry paste
- ½ cup reduced-sodium chicken broth
- 1 13.5-oz. can full-fat coconut milk
- 1 lb. skinless boneless chicken thighs, cut into thin bite-size strips
- 1 cup ¾-inch cubes peeled butternut squash
- 4 to 6 makrut lime leaves, lightly crushed
- 2 Tbsp. fish sauce
- 2 tsp. sugar
- 1 8-oz. can sliced bamboo shoots, drained
- 1 cup bite-size strips red bell pepper
- 1 to 2 fresh Thai red chile peppers, finely chopped (tip, *p. 22*) (optional)
- 2 Tbsp. chopped fresh basil
- 2 Tbsp. chopped fresh cilantro
- 2 cups hot cooked jasmine rice

1. In a 12-inch wok or 5- to 6-qt. pot cook onion in hot oil over medium, stirring frequently, until crisp-tender, 3 minutes. Trim ends off lemongrass stalk. Peel and discard tough outer leaves until you are left with the tender center. Finely chop tender center.
2. Add lemongrass, garlic, and ginger to wok with onion. Cook and stir 30 seconds. Add curry paste. Cook and stir 30 seconds. Carefully add broth; stir to combine.
3. Whisk coconut milk until smooth. Add to wok along with next five ingredients (through sugar). Bring to boiling; reduce heat. Simmer, uncovered, stirring occasionally, until chicken is no longer pink and squash is just tender, 20 minutes.
4. Stir in bamboo shoots, bell pepper, and chile pepper (if using). Cook until peppers are just tender, 2 to 3 minutes. Remove from heat. Remove lime leaves. Stir in basil and cilantro. Serve with rice. **Makes 4 servings.**

PER SERVING *469 cal., 21 g fat (16 g sat. fat), 40 mg chol., 1,719 mg sodium, 51 g carb., 5 g fiber, 12 g sugars, 17 g pro.*

Try using cooked shrimp, imitation crabmeat (surimi), or cubed tofu in place of the chicken.

MAKE AHEAD

Prepare spring rolls as directed. Layer between damp paper towels in an airtight container; chill up to 4 hours.

Fresh Summer Rolls

START TO FINISH 45 minutes

Summer Rolls

Also known as Vietnamese spring rolls, this fresher play on fried spring rolls has a mound of fresh herbs, veggies, proteins, and cooked vermicelli noodles tucked and folded into a softened rice paper wrapper. Set out assorted dipping sauces to maximize the deliciousness.

2	**oz. dried rice vermicelli noodles (rice sticks)**
1	**cup finely shredded napa cabbage**
½	**cup coarsely shredded carrot**
½	**cup chopped fresh cilantro or mint**
2	**Tbsp. chopped dry-roasted peanuts or cashews**
2	**tsp. reduced-sodium soy sauce**
12	**round rice papers**
1½	**cups shredded cooked chicken (8 oz.)**
½	**of a medium cucumber, seeded and cut into thin sticks**
	Purchased peanut sauce, hoisin sauce, and/or sweet chili sauce

1. In a medium saucepan cook noodles in lightly salted boiling water just until tender, 2 to 3 minutes; drain. Rinse with cold water; drain again. Using kitchen shears, snip noodles into small pieces.

2. For cabbage filling, in a large bowl combine cooked noodles and the next four ingredients (through peanuts). Add soy sauce; toss to coat.

3. Fill a large bowl with warm water. Quickly dip one rice paper into water just until moistened, 2 to 3 seconds. Rice paper will still be firm but continue to soften during assembly. Place on work surface.

4. Arrange about 2 Tbsp. chicken across the lower third of the softened rice paper. Top with a layer of cucumber sticks. Top with ¼ cup cabbage filling. Fold bottom of rice paper over filling. Fold in sides; roll up tightly. Place, seam side down, on a serving plate. Repeat with the remaining rice papers, chicken, cucumber, and filling. Serve with dipping sauces. **Makes 12 rolls.**

PER ROLL *114 cal., 3 g fat (1 g sat. fat), 17 mg chol., 91 mg sodium, 16 g carb., 1 g fiber, 2 g sugars, 7 g pro.*

Banh Mi Sandwiches

Colonialism brought French influences to Vietnam, including foods like the baguette. But it wasn't until the mid-20th century that baguettes met up with truly Vietnamese ingredients—meats, veggies, and sauces—to create this portable and well-loved street food.

Shrimp Banh Mi-Style Sandwiches

HANDS ON 10 minutes
STAND 15 minutes

- 2 large carrots
- 2 Tbsp. vinegar
- 2 tsp. sugar
- 1 tsp. salt
- 1½ lb. extra-large frozen peeled, cooked shrimp, thawed, tails removed
- ½ cup sriracha mayonnaise, divided (tip, *below*)
- 4 Vietnamese-style baguette rolls or crusty hoagie buns, lightly toasted and split
- 1 cup cilantro leaves

1. Use a coarse grater to shred the carrots or use a julienne peeler to cut them in thin strips (you should have 1½ cups). In a medium screw-top jar combine vinegar, sugar, and salt. Cover and shake to dissolve the sugar and salt. Add carrots to jar; cover and shake. Let stand 15 minutes, shaking occasionally.

2. In a medium bowl combine the shrimp and 6 Tbsp. of the mayonnaise. Divide mixture among the rolls.

3. Drain carrots, discarding liquid. Mound the carrots on shrimp in rolls. Drizzle with the remaining mayonnaise. Top with cilantro.

Makes 4 sandwiches.

PER SANDWICH *719 cal., 22 g fat (2 g sat. fat), 285 mg chol., 1,535 mg sodium, 76 g carb., 5 g fiber, 17 g sugars, 37 g pro.*

MAKE YOUR OWN

If you can't find sriracha mayonnaise, you can make your own. In a small bowl whisk together ⅓ cup mayonnaise, 2 Tbsp. sriracha sauce, 1 tsp. fresh lime juice or rice vinegar, and 1 tsp. honey.

Shortcut Pho

START TO FINISH 30 minutes

1	lime, halved
4	cups reduced-sodium beef broth
1	Tbsp. fish sauce
⅛	tsp. ground cinnamon
⅛	tsp. ground coriander
	Dash ground cloves
12	oz. beef sirloin steak, very thinly sliced
8	oz. dried wide rice noodles, cooked according to package
½	cup chopped fresh cilantro
	Toppers, such as chopped green onions, sliced jalapeño, fresh mint, and/or chili oil (optional)

1. Juice half the lime; cut remaining half into wedges. In a 4-qt. pot combine lime juice and the next five ingredients (through cloves). Bring to boiling; reduce heat. Simmer, uncovered, 15 minutes.

2. Drop beef into simmering broth. Cook until cooked through, 20 to 30 seconds. Divide noodles among bowls. Spoon broth and beef over noodles. Serve with cilantro, toppers (if using), and remaining lime wedges. **Makes 4 servings.**

PER SERVING *322 cal., 4 g fat (1 g sat. fat), 46 mg chol., 991 mg sodium, 49 g carb., 2 g fiber, 1 g sugars, 21 g pro.*

Pho

Vietnamese pho is an aromatic soup brimming with veggies, noodles, and meat. The well-balanced broth is typically simmered for hours, but this quick-fix version leans on purchased broth to speed up the process.

Saag Paneer

START TO FINISH 30 minutes

1 Tbsp. ghee
12 oz. paneer or 1 recipe Paneer (*below*), cut into 1- to 1½-inch pieces
1 cup chopped onion
1 Tbsp. grated fresh ginger
1½ tsp. minced garlic (3 cloves)
1 Tbsp. Masala (*right*) or garam masala
9 oz. fresh baby spinach, chopped (8 cups)
1 cup half-and-half or heavy cream
½ tsp. salt
Lemon wedges (optional)
Naan, puri, or crackers (optional)

1. In a 4-qt. pot heat ghee over medium. Add paneer, half at a time, and cook, turning often, until browned, 6 minutes; remove.

2. In same pot cook onion, ginger, and garlic over medium, stirring often, until softened, 4 minutes. Stir in Masala. Add spinach, stirring until wilted and excess water is evaporated. Stir in cream. Boil gently until thickened, 2 minutes. Stir in paneer and salt. If you like, serve with lemon wedges and naan. **Makes 4 servings.**

PER SERVING *425 cal., 33 g fat (19 g sat. fat), 96 mg chol., 566 mg sodium, 15 g carb., 3 g fiber, 10 g sugars, 18 g pro.*

MASALA

Heat a 10-inch dry skillet over medium. Add 2 Tbsp. plus 2 tsp. cumin seeds, 1 Tbsp. coriander seeds, 2 tsp. mustard seeds, 1 tsp. each whole black peppercorns and crushed red pepper, ¼ tsp. cardamom seeds, and 4 whole cloves. Cook, shaking skillet occasionally, until fragrant, 1 to 2 minutes. Cool slightly. Finely grind in a spice grinder or with a mortar and pestle. Store at room temperature up to 3 months. Makes about 6 Tbsp.

Saag Paneer Originating in the state of Punjab in Northern India, Saag Paneer traditionally uses more pungent mustard greens. Spinach may have come into play in this dish as a replacement in Indian restaurants stateside due to its more mild flavor. The greens are cooked in ghee (clarified butter) with aromatics, then tossed with paneer, a firm Indian cheese. A final swirl of dairy and sprinkle of garam masala are the finishing touch.

PANEER

Rinse a 5- to 6-qt. stainless-steel or enamel Dutch oven with water (this will help keep the milk from scorching). Add 2 qt. (8 cups) whole milk and 1 cup half-and-half. Clip a candy thermometer to side of pan. Heat over medium-high, stirring and scraping bottom of pan with a spatula, until mixture reaches 180°F, 12 to 15 minutes. Reduce heat to medium-low.

Gradually add ¼ cup fresh lemon juice or white vinegar, stirring gently just until curds form, 1 minute (do not stir too much or curds will become rubbery). Remove from heat. Line a large colander with three layers of 100%-cotton cheesecloth; set over a large bowl.

Drain hot milk mixture through colander. Let stand 30 minutes; discard liquid. Gather edges of cheesecloth and lift curds. Twist ends of cheesecloth and press curds with a spatula to remove excess liquid. Sprinkle curds with ¼ to ½ tsp. salt.

Place curds, in cheesecloth, on a plate; shape into a square. Fold cheesecloth tightly around curds and top with a second plate. Weight down by adding a pot to plate. Chill 1 to 2 hours. Remove cheesecloth and use paneer immediately, or store in refrigerator up to 1 week or freeze up to 3 months.

Red Lentil Dal

HANDS ON 15 minutes **COOK** 28 minutes

2	Tbsp. vegetable oil
2	tsp. mustard seeds
1	tsp. ground turmeric
1	cup halved and thinly sliced onion
1	fresh Fresno or red jalapeño pepper, thinly sliced, seeds removed if you like (tip, *below left*)
1	Tbsp. grated fresh ginger
1½	tsp. minced garlic (3 cloves)
3	cups water
1	14-oz. can unsweetened coconut milk
1½	cups red lentils, rinsed and drained
1	tsp. salt
½	tsp. black pepper
4	cups fresh baby spinach
3	cups hot cooked basmati rice
	Chopped fresh cilantro and lemon wedges

1. In a 4-qt. pot heat oil over medium-high. Add mustard seeds and turmeric. Cook and stir until fragrant and mustard seeds begin to pop, about 1 minute. Add onion. Cook until very tender and starting to brown, 6 to 8 minutes. Add Fresno pepper, ginger, and garlic. Cook and stir 1 minute more.

2. Add the water, coconut milk, lentils, salt, and pepper to pot. Bring to boiling; reduce heat. Simmer, uncovered, stirring occasionally, until lentils are tender, about 20 minutes. Remove from heat. Stir in spinach.

3. Serve dal over rice; sprinkle with cilantro. If you like, top with additional Fresno pepper slices.

Makes 4 servings.

PER SERVING *709 cal., 26 g fat (16 g sat. fat), 0 mg chol., 79 mg sodium, 92 g carb., 23 g fiber, 4 g sugars, 24 g pro.*

Dal The word "dal" is used in reference to both legumes—dried lentils, peas, and beans—as well as the stewed and well-spiced recipes that use them. Serve this dish over hot cooked rice or with naan on the side.

HOT TIP

Chile peppers contain oils that can irritate your skin and eyes. Wear plastic or rubber gloves when working with them.

Chickpea Tikka Masala

HANDS ON 20 minutes **COOK** 20 minutes

2	Tbsp. vegetable oil
1	large onion, cut into wedges (1½ cups)
2	tsp. minced garlic (4 cloves)
2	15-oz. cans chickpeas, rinsed and drained
2	cups thinly sliced carrots
1	15-oz. jar tikka masala curry simmer sauce (such as Patak's brand)
½	cup vegetable broth
1	14.5-oz. can diced tomatoes, undrained
1	cup frozen peas
⅓	cup chopped fresh cilantro
	Salt
	Hot cooked basmati rice

1. In a 4- to 5-qt. pot heat oil over medium. Add onion and garlic. Cook and stir until tender, 5 to 6 minutes. Stir in the next four ingredients (through broth). Bring to boiling; reduce heat. Simmer, covered, 15 minutes.

2. Stir in tomatoes and peas. Return to boiling; reduce heat. Simmer, covered, 5 minutes more. Stir in cilantro. Season to taste with salt. Serve over rice.

Makes 6 servings.

PER SERVING *383 cal., 11 g fat (4 g sat. fat), 11 mg chol., 998 mg sodium, 61 g carb., 10 g fiber, 13 g sugars, 11 g pro.*

Tikka Masala

Tikka masala dishes usually feature chicken as the main protein, but here we swapped in chickpeas for a vegetarian version. While it is widely considered an Indian recipe, most accounts suspect it actually originated in Europe, crafted by chefs of Southern Asian descent.

Keema Aloo

HANDS ON 20 minutes **COOK** 30 minutes **STAND** 5 minutes

2	**Tbsp. olive oil**
2	**cups chopped yellow onions**
2	**Tbsp. water**
2	**lb. ground beef**
2	**Tbsp. grated fresh ginger**
1	**serrano pepper, finely chopped (tip, *p. 22*)**
1	**Tbsp. ground coriander**
2	**tsp. minced garlic (4 cloves)**
2	**tsp. chopped fresh cilantro**
1½	**tsp. ground cumin**
1	**tsp. salt**
1	**tsp. ground turmeric**
½	**to 1 tsp. cayenne**
1	**28-oz. can diced tomatoes, undrained**
3	**medium potatoes, peeled and chopped (2½ cups)**
1	**cup frozen peas (optional)**
1	**tsp. garam masala**

1. In a 4-qt. pot heat oil over medium-high. Add onions; cook and stir until soft and beginning to brown, 8 to 10 minutes. Add water; stir to loosen any browned bits in pot.

2. Add beef to pot. Cook over medium until browned; drain off any fat. Reduce heat to medium-low. Add next nine ingredients (through cayenne) to the beef mixture. Cook and stir to blend flavors, about 5 minutes. Add tomatoes and potatoes. Bring to boiling; reduce heat. Simmer, covered, until potatoes are tender, about 15 minutes.

3. Add peas to pot (if using); cook, uncovered, until sauce has slightly thickened and flavors have blended, 10 minutes more. Remove from heat. Sprinkle mixture with garam masala and additional cilantro. Cover; let stand 5 minutes before serving.

Makes 8 servings.

PER SERVING *332 cal., 18 g fat (6 g sat. fat), 75 mg chol., 649 mg sodium, 17 g carb., 2 g fiber, 5 g sugars, 24 g pro.*

Keema Aloo **This richly seasoned and spiced Pakistani mixture of ground beef and potatoes falls into the category of curries. To round out this stewed masterpiece, serve it with hot cooked rice or warm buttery naan.**

Tandoori Chicken

The roots of this dish—chicken marinated in spiced yogurt, then cooked in a clay oven called a tandoor—lie in the region of Punjab in India and Pakistan. The modern version was created by chef and restaurateur Kundan Lal Gujral (info, *p. 27*) in the 1940s. It gained recognition in the United States in the 1960s after Jacqueline Kennedy enjoyed the dish on a flight to Bombay. The leftovers of Tandoori Chicken were used to create another famous dish, Butter Chicken (recipe, *p. 27*).

Tandoori Chicken

HANDS ON 15 minutes **MARINATE** 1 hour **GRILL** 12 minutes

6	skinless, boneless chicken thighs (4 oz. each)
1½	tsp. paprika
1	tsp. salt
1	tsp. ground coriander
1	tsp. garam masala
1	tsp. ground cumin
½	tsp. black pepper
¼	tsp. cayenne
¾	cup plain whole milk Greek yogurt
3	Tbsp. vegetable oil
2	tsp. finely chopped fresh ginger
1½	tsp. minced garlic (3 cloves)
	Turmeric Rice
	Lemon wedges (optional)
	Fresh cilantro

1. Using a sharp knife, make short, deep slits in several spots across the top of each chicken piece. In a small bowl combine next seven ingredients (through cayenne). Sprinkle evenly over both sides of chicken pieces, rubbing in with your fingers.

2. In a large bowl whisk together yogurt, oil, ginger, and garlic. Add chicken to bowl, turning so chicken is fully coated with the yogurt mixture. Cover; marinate in the refrigerator 1 to 24 hours.

3. Grill chicken, covered, on greased grill rack over medium, turning once, until done (175°F), 12 to 15 minutes (25 minutes for bone-in thighs). Serve with Turmeric Rice and lemon wedges (if using). Top with cilantro. **Makes 6 servings.**

PER SERVING *263 cal., 10 g fat (2 g sat. fat), 44 mg chol., 628 mg sodium, 0 g fiber, 27 g carb., 0 g sugars, 15 g pro.*

TIP To bake, preheat oven to 425°F. Place a rack in a shallow baking pan. Place marinated chicken on the rack. Bake, uncovered, until done (175°F), 35 to 40 minutes (45 minutes for bone-in thighs).

TURMERIC RICE

In a medium saucepan bring 1¾ cups water to boiling. Stir in 1 cup basmati rice, ½ tsp. salt, and ½ tsp. ground turmeric. Return to boiling; reduce heat. Cover and simmer 15 minutes. Remove from heat and let stand, covered, 5 minutes. Stir in ⅓ cup chopped green onions.

Samosas These little surprise-inside pastries have a long and storied past with long-standing iterations from India, as well as the Middle East (where they are known as sambosa). Fillings can be either vegetable based or contain meats. Our version is stuffed with mashed sweet potato and paneer cheese so it can be served as a vegetarian (not vegan) snack as long as the refrigerated piecrust you use is a vegetarian option.

Air-Fryer Spiced Sweet Potato Samosas

HANDS ON 30 minutes
AIR-FRY 10 minutes per batch at 375°F

Nonstick cooking spray
1 14.1-oz. pkg. rolled refrigerated unbaked piecrust (2 crusts)
1 Tbsp. olive oil
¼ cup chopped onion
2 tsp. curry powder
6 oz. paneer or Homemade Paneer *(p. 21)*, cut into ½-inch cubes
1 cup mashed cooked sweet potato
½ cup frozen peas, thawed
¼ cup milk
2 Tbsp. chopped fresh cilantro
¼ tsp. crushed red pepper
1 egg, lightly beaten
½ cup mango chutney
½ cup plain Greek yogurt
2 Tbsp. chopped fresh mint

1. Coat the air-fryer basket with nonstick spray. Preheat air fryer to 375°F. Let piecrust stand at room temperature according to package directions.
2. For filling, in a 6-inch skillet heat oil over medium. Add onion; cook until tender, 4 minutes. Stir in curry powder. Cook and stir 1 minute.
3. In a bowl stir together the next six ingredients (through crushed red pepper) and onion mixture.
4. Unroll piecrust. Use a 3-inch cutter to cut rounds from dough. Reroll scraps. (You should get about 22 rounds.) Use a rolling pin to roll each round to a 4-inch circle. Spoon a rounded tablespoon of filling onto center of each round. Brush edges of rounds with water. Fold dough over filling; seal with tines of a fork. Prick tops with fork. Brush with egg.
5. Add samosas to air-fryer basket in batches. Cook 7 minutes. Turn; cook until browned, 3 minutes more.
6. For dipping sauce, in a small bowl stir together the chutney, yogurt, and mint. Serve samosas warm or at room temperature with dipping sauce. **Makes 22 samosas.**

PER SAMOSA *133 cal., 8 g fat (3 g sat. fat), 16 mg chol., 90 mg sodium, 14 g carb., 1 g fiber, 3 g sugars, 4 g pro.*

Butter Chicken

HANDS ON 35 minutes
COOK 26 minutes

- 2 Tbsp. vegetable oil
- 1 cup chopped onion
- 1 Tbsp. minced fresh ginger
- 1½ tsp. minced garlic (3 cloves)
- 1 recipe Yogurt-Marinated Chicken or 6 to 8 bone-in chicken thighs or drumsticks, skinned
- ½ cup reduced-sodium chicken broth
- 2 Tbsp. tomato paste
- ¾ cup heavy cream
- 2 Tbsp. salted butter, cut up
- 2 Tbsp. chopped fresh cilantro
- 2 tsp. garam masala
- Cooked basmati rice (optional)
- Naan (optional)

1. In a 12-inch skillet heat oil over medium. Add onion; cook 5 minutes, stirring frequently. Stir in ginger and garlic. Add chicken to skillet, reserving any marinade that remains in the bowl, if using. Cook chicken, turning once, until browned, 6 to 8 minutes (marinade may stick to skillet).

2. In a small bowl whisk together broth and tomato paste until smooth. Add to skillet with chicken along with cream. Bring just to boiling, stirring to scrape up any browned bits from bottom of the skillet; reduce heat. Cover and simmer, stirring occasionally, until chicken is done (175°F), 15 to 20 minutes.

3. Transfer chicken to a serving platter, reserving sauce in skillet. Add butter, cilantro, and garam masala to sauce. Whisk until butter is melted and sauce is well combined.

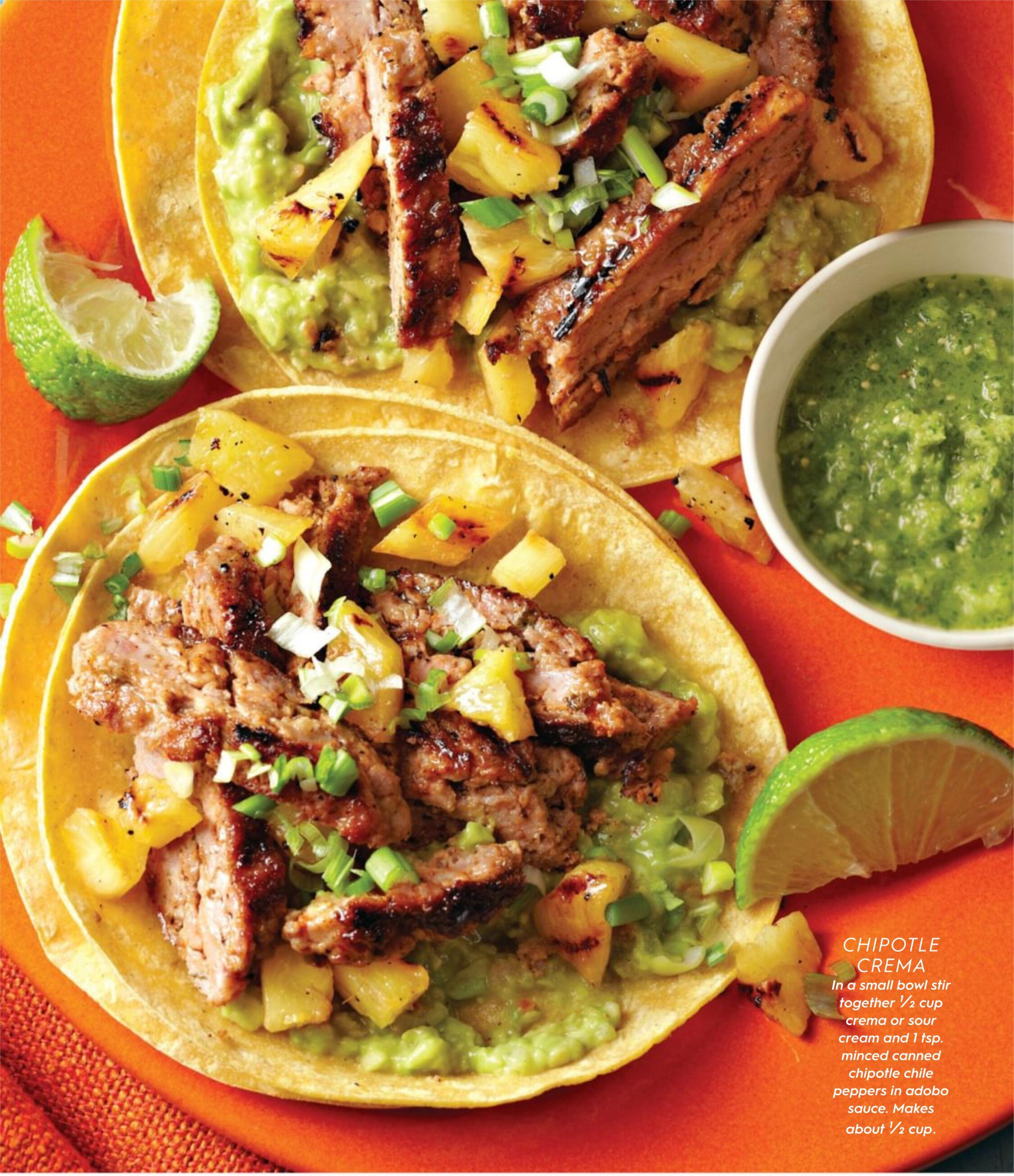
4. Serve chicken with sauce, rice, and naan (if using) and additional cilantro, if you like. **Makes 6 servings.**

PER SERVING *379 cal., 29 g fat (13 g sat. fat), 111 mg chol., 412 mg sodium, 7 g carb., 1 g fiber, 3 g sugars, 23 g pro.*

YOGURT-MARINATED CHICKEN

For marinade, in a large bowl whisk together ½ cup plain whole milk Greek yogurt, 1 Tbsp. ground coriander, 1 Tbsp. ground cumin, 1 Tbsp. fresh lemon juice, 1 tsp. ground turmeric, ½ tsp. salt, and ½ to 1 tsp. cayenne. Add chicken pieces, turning to coat. Cover; marinate in the fridge 1 hour or up to 24 hours, turning pieces occasionally. Cook as directed.

Butter Chicken Kundan Lal Gujral, the Indian chef who created tandoori chicken (info, *p. 25*) at his Moti Mahal restaurant in Peshawar made another worthy contribution to the world's embrace of Indian cuisine. Butter chicken was created as a way to revive day-old tandoori chicken by stirring it into a creamy tomato curry. Our version starts with fresh chicken but is just as indulgent.



CHIPOTLE CREMA

In a small bowl stir together ½ cup crema or sour cream and 1 tsp. minced canned chipotle chile peppers in adobo sauce. Makes about ½ cup.

Tacos al Pastor Traditional tacos al pastor start with pineapple-marinated, spit-roasted pork that is sliced onto tortillas. Its creation in Mexico has ties to Lebanese immigrants, who brought with them the concept of Middle Eastern shawarmas, which use the same spit-roasting and slicing technique. Spit roasting is difficult to replicate at home, so this recipe calls on grilled and sliced pork patties to get a similar texture and presentation.

Shortcut Tacos al Pastor

HANDS ON 40 minutes
GRILL 14 minutes **STAND** 5 minutes

2	**lb. ground pork**
2	**Tbsp. minced garlic (about 12 cloves)**
1	**Tbsp. ground cumin**
1	**Tbsp. dried oregano, crushed**
1	**Tbsp. minced fresh pineapple**
1	**tsp. salt**
½	**tsp. ground annatto**
½	**tsp. black pepper**
4	**slices fresh pineapple**
16	**6-inch corn tortillas, warmed**
1	**recipe Salsa de Aguacate (*below*)**
1	**recipe Chipotle Crema (*opposite*)**
	Minced white onion
	Coarsely chopped fresh cilantro
	Lime wedges (optional)

1. In a large bowl combine the first eight ingredients (through black pepper). Shape meat mixture into eight ¾-inch-thick patties.
2. Grill patties and pineapple slices, covered, over medium, turning once, until burgers are done (160°F), 14 to 18 minutes, and golden grill marks form on pineapple, 6 to 8 minutes.
3. Let patties stand 5 minutes. Using a very sharp knife, thinly slice meat (meat will crumble slightly) and chop pineapple slices. Serve meat and pineapple on double layers of corn tortillas. Serve with Salsa de Aguacate, Chipotle Crema, onion, cilantro, and lime wedges (if using). **Makes 8 servings.**

PER SERVING *519 cal., 34 g fat (13 g sat. fat), 102 mg chol., 466 mg sodium, 32 g carb., 6 g fiber, 6 g sugars, 23 g pro.*

SALSA DE AGUACATE

Preheat broiler. Remove husk from one large tomatillo; rinse tomatillo. Place tomatillo on a broiler pan. Broil 4 to 5 inches from the heat, turning once halfway through, until soft and lightly charred, about 10 minutes. In a blender or food processor combine the tomatillo; one medium avocado, halved, seeded, peeled, and cut up; ¼ cup chopped onion; 1½ tsp. minced garlic (3 cloves); one fresh habanero or serrano pepper, stemmed, seeded, and minced (tip, p. 22); and ¼ tsp. salt. Cover and blend or process until smooth.

Slow Cooker Carnitas

HANDS ON 20 minutes **SLOW COOK** 8 to 10 hours (low) or 4 to 5 hours (high)

1	**2½- to 3-lb. boneless pork shoulder roast**
1	**Tbsp. ground cumin**
1½	**tsp. kosher salt**
1	**tsp. dried oregano, crushed**
¼	**to ½ tsp. cayenne**
½	**cup chopped onion**
1	**orange, quartered**
2	**Tbsp. vegetable oil**
18	**6-inch corn tortillas, warmed**
	Toppers, such as pico de gallo, salsa verde, chopped pineapple, sliced radishes, sliced cabbage, and/or lime wedges

1. Trim fat from meat. Cut meat into three pieces and place in a 3½- to 4-qt. slow cooker. Sprinkle with cumin, salt, oregano, and cayenne; toss gently to coat. Add onion. Squeeze the orange pieces over top; add orange pieces to cooker.
2. Cover and cook on low 8 to 10 hours or high 4 to 5 hours. Transfer meat to a cutting board. Shred meat using two forks.
3. In a 12-inch skillet heat oil over medium-high. Add half the meat, pressing into an even layer with a spatula. Cook about 1 minute or until crisp and browned. Turn meat and brown 1 minute on the other side; remove from skillet. Repeat with remaining meat. Serve on tortillas with toppers. **Makes 9 servings.**

PER SERVING *284 cal., 11 g fat (3 g sat. fat), 75 mg chol., 417 mg sodium, 19 g carb., 3 g fiber, 4 g sugars, 26 g pro.*

Carnitas **Crispy pork carnitas tucked into tortillas are a Mexican menu favorite. Traditionally, the pork is simmered in lard for hours until both tender and crispy. But here we opted to simmer the pork in its own juices—flavored with orange juice, spices, and herbs—and finish with a quick fry in the skillet to get the expected crispiness.**

CARNITAS

Slow Cooker Yucatán-Style Fish Tacos

HANDS ON 15 minutes
SLOW COOK 3 hours (low) or 1½ hours (high)

3	Tbsp. orange juice
2	Tbsp. white vinegar
2	Tbsp. vegetable oil
1	fresh jalapeño pepper, seeded and finely chopped (tip, *p. 22*)
2	tsp. minced garlic (4 cloves)
2	packets Sazón Goya (coriander and annatto seasoning) or 1 Tbsp. achiote paste
1	tsp. cumin seeds, crushed
1	tsp. salt
1	tsp. dried oregano, crushed
1½	to 2 lb. 1-inch-thick fresh or frozen skinless cod or other white fish fillets, thawed if frozen and cut into 4-inch pieces
16	5- to 6-inch corn tortillas
	Shredded cabbage
	Fresh cilantro leaves
	Hot sauce (optional)

1. In a small bowl whisk together the first nine ingredients (through oregano). Place fish in a 4- to 6-qt. slow cooker. Pour seasoning mixture over fish, gently rearranging fish to coat evenly. Cover and cook on low 3 hours or on high 1½ hours (fish should flake easily with a fork).

2. To serve, using a slotted spoon, spoon fish into tortillas. If you like, drizzle with some of the cooking liquid. Top with cabbage, cilantro, and hot sauce (if using). **Makes 8 servings** (2 tacos each).

PER SERVING *197 cal., 4 g fat (1 g sat. fat), 36 mg chol., 271 mg sodium, 23 g carb., 3 g fiber, 1 g sugars, 18 g pro.*

All About Achiote

Achiote is a popular flavoring often used in Yucatán cooking. Also known as annatto, achiote is a seed that imparts both a peppery flavor and a tantalizing yellow color. While achiote can be found as the whole seed, a powder, a paste, or an oil, the easiest way to find it is in Goya-brand seasoning packets, which can typically be found in large supermarkets.

Queso Fundido Torta

HANDS ON 25 minutes **ROAST** 15 minutes at 450°F **STAND** 15 minutes

2 fresh poblano peppers
8 oz. uncooked chorizo sausage, casings removed if present
4 bolillo rolls, split
¼ cup mayonnaise
2 cups shredded queso Oaxaca (8 oz.)
4 Tbsp. salted butter, divided

1. Preheat oven to 450°F. Cut peppers in half lengthwise; remove stems, seeds, and membranes (tip, *p. 22*). Place pepper halves, cut sides down, on a foil-lined baking sheet. Roast until charred, 15 minutes. Bring foil up around peppers and fold edges together to enclose. Let stand 15 minutes. Peel off and discard skins.

2. Meanwhile, in a 10-inch skillet cook sausage over medium-high until browned. Using a slotted spoon, drain on paper towels. Wipe out skillet.

3. Spread bottoms of rolls with mayonnaise. Fill rolls with pepper halves, sausage, and cheese.

4. In a 12-inch skillet melt 2 Tbsp. of the butter over medium. Add two of the sandwiches. Weight them down with the 10-inch skillet; add a few unopened cans of food to the top skillet. Cook until golden, 2 minutes. Turn sandwiches; replace skillet and food cans. Cook until golden and cheese is melted, 2 minutes more. Repeat with remaining butter and sandwiches. **Makes 4 sandwiches.**

PER SANDWICH *686 cal., 48 g fat (13 g sat. fat), 112 mg chol., 802 mg sodium, 37 g carb., 2 g fiber, 3 g sugars, 27 g pro.*

Torta

This torta is a mash-up with another classic—queso fundido (a molten cheese mixture spooned into tortillas). Savory chorizo and roasted poblanos add extra wow. Look for bolillo rolls in Mexican markets or in the bakery section of large supermarkets.

Beef Barbacoa

Beef barbacoa is highly seasoned or marinated beef that is slow-cooked to tender perfection—usually over a firepit or grill. Here we subbed in the slow cooker for weeknight ease. Because of the long cooking time, the dish starts with a tougher cut of meat such as brisket. It's then shredded to be piled into tortillas with all the toppings.

Slow Cooker Beef Barbacoa

HANDS ON 20 minutes **SLOW COOK** 9 to 10 hours (low) or 4½ to 5 hours (high) + 15 minutes (high)

2	tsp. ground ancho chile pepper
1	tsp. dried oregano, crushed
1	tsp. ground cumin
¾	tsp. salt
½	tsp. black pepper
1½	lb. fresh beef brisket, trimmed of fat
1	14.5-oz. can diced tomatoes, undrained
1	fresh jalapeño pepper, seeded and finely chopped (tip, *p. 22*)
3	cloves garlic, sliced
2	Tbsp. fresh lime juice
	Corn tortillas, warmed
	Salsa, crema or sour cream, and/or fresh cilantro (optional)

1. In a small bowl combine the first five ingredients (through black pepper). Sprinkle spice mixture over all sides of meat; rub in with your fingers. In a 3½- to 4-qt. slow cooker combine tomatoes, jalapeño, and garlic. Top with meat, cutting to fit in cooker, if needed.

2. Cover and cook until meat is tender, 9 to 10 hours on low or 4½ to 5 hours on high. Remove meat from cooker.

3. Shred meat using two forks. Return meat to cooker; stir in lime juice. Season to taste with additional salt and black pepper. If using low, turn to high. Cover and cook until heated through, 15 to 30 minutes more. Use a slotted spoon to remove meat. If you like, serve with salsa. **Makes 6 servings.**

PER SERVING *266 cal., 9 g fat (4 g sat. fat), 86 mg chol., 431 mg sodium, 18 g carb., 2 g fiber, 2 g sugars, 26 g pro.*

Empanadas Many countries and cultures have their own version of dough-wrapped packages stuffed with sweet or savory fillings. In South America, they are called empanadas, a handheld savory pie that likely descended from similar foods that arrived with colonizing Spaniards. Some sources note the original empanada was much larger and cut into smaller pieces to serve. This version follows the individual-size packages of the smaller empanadas of today.

Empanadas with Pollo Verde

HANDS ON 40 minutes
COOK 3 minutes per batch

1	cup masa harina
1	cup all-purpose flour
1	tsp. baking powder
½	tsp. salt
½	cup shortening
⅔	cup cold water
2	cups shredded cooked chicken
1	cup queso Oaxaca or fresh mozzarella cheese, shredded (4 oz.)
½	cup salsa verde
1	tsp. dried oregano, crushed
	Vegetable oil

1. In a large bowl combine masa harina, flour, baking powder, and salt. Using a pastry blender, cut in shortening until mixture resembles coarse crumbs. Gradually add the cold water to flour mixture, stirring to make a dough.

2. Divide dough into 12 portions; shape each portion into a ball. Place each dough ball between two pieces of waxed paper. Using a tortilla press or rolling pin, flatten each ball into a 6-inch circle.

3. Preheat oven to 200°F. In a medium bowl combine chicken, cheese, salsa verde, and oregano. Remove top sheet of waxed paper from one dough circle. Spoon a generous tablespoon of chicken mixture into center of circle. Using waxed paper to help lift the edge of dough circle, fold over dough into a turnover shape; seal by pressing dough edges with your fingers or tines of a fork. Repeat with remaining dough circles and chicken mixture to make 12 empanadas.

4. Carefully peel each empanada off waxed paper. In a 10-inch skillet heat 1-inch vegetable oil over medium-high. Fry empanadas, a few at a time, turning once, until golden brown, about 3 minutes. Drain on paper towels. Transfer empanadas to a baking sheet and keep warm in the 200°F oven while frying remaining empanadas. Serve empanadas warm with additional salsa verde. **Makes 12 empanadas.**

PER EMPANADA *230 cal., 13 g fat (2 g sat. fat), 29 mg chol., 273 mg sodium, 17 g carb., 1 g fiber, 1 g sugars, 11 g pro.*

Beef Enchiladas

HANDS ON 25 minutes **BAKE** 30 minutes at 375°F **STAND** 10 minutes

1	**recipe Enchilada Sauce *(right)* or one 28-oz. can enchilada sauce**
1	**lb. ground beef**
1	**jalapeño pepper, seeded, if you like, and finely chopped (tip, *p. 22*) (optional)**
1	**tsp. minced garlic (2 cloves)**
½	**tsp. ground cumin**
¼	**tsp. salt**
¼	**tsp. black pepper**
2	**cups shredded Monterey Jack cheese (8 oz.), divided**
½	**cup sliced green onions**
12	**6- to 7-inch corn tortillas**

1. Preheat oven to 375°F. Lightly grease a 3-qt. rectangular baking dish. Prepare Enchilada Sauce (if using).

2. For filling, in a 10-inch skillet cook ground beef over medium until browned; drain off any fat. Stir in next five ingredients (through black pepper). Cook and stir over medium 2 minutes more. Transfer to a medium bowl; cool 5 minutes. Stir in 1 cup of the cheese and the green onions.

3. Spoon ¼ to ⅓ cup of the filling onto each tortilla; roll up. Place filled tortillas, seam side down, in prepared baking dish. Pour enchilada sauce over top.

4. Bake until heated through and bubbly around the edges, 25 to 30 minutes. Sprinkle with remaining cheese and, if you like, additional green onions. Bake until cheese melts, 5 minutes more. Let stand 10 minutes before serving.

Makes 6 servings.

PER SERVING *479 cal., 28 g fat (12 g sat. fat), 83 mg chol., 1,062 mg sodium, 30 g carb., 5 g fiber, 4 g sugars, 29 g pro.*

ENCHILADA SAUCE

In a medium saucepan heat 2 Tbsp. vegetable oil over medium. Stir in 2 Tbsp. all-purpose flour; cook and stir 2 minutes. Add 2 Tbsp. chili powder, ½ tsp. ground cumin, and ½ tsp. garlic powder. Cook and stir 30 seconds more. Add one 15-oz. can tomato sauce and one 14.5-oz. can chicken broth; whisk until smooth. Cook and stir over medium-high until boiling. Reduce heat and simmer 1 minute. Remove from heat. Season to taste with salt, black pepper, and hot sauce.

Enchiladas **Dipping tortillas in pastes made of chiles and then rolling fillings inside can be traced as far back as the Aztecs. As with many traditional foods, Spanish colonizers appropriated enchiladas and added their own influences. Original fillings of beans, fish, or game became fillings of chicken and other meats, while chile pastes gave way to a variety of sauces and piles of cheese on top.**

Chicken Chilaquiles

HANDS ON 30 minutes
BAKE 15 minutes at 350°F

- **10 6-inch corn tortillas, cut into 1-inch strips**
- **1 Tbsp. vegetable oil**
- **⅓ cup chopped onion**
- **1 tsp. minced garlic (2 cloves)**
- **1 tsp. dried oregano, crushed**
- **2 14.5-oz. cans diced tomatoes, undrained**
- **1 to 2 canned chipotle peppers in adobo sauce, finely chopped, plus 1 tsp. adobo sauce**
- **1 14.5-oz. can reduced-sodium chicken broth**
- **2 cups shredded cooked chicken**
- **¼ tsp. black pepper**
- **1 cup crumbled queso fresco, Cotija cheese, or feta cheese (4 oz.)**
- **Fresh cilantro sprigs**
- **¼ cup sour cream**
- **1 Tbsp. milk**

1. Preheat oven to 350°F. Spread tortilla strips on two large baking sheets. Bake 15 minutes. Cool on a wire rack.
2. Meanwhile, in a 12-inch skillet heat oil over medium-high. Add onion, garlic, and oregano; cook, stirring occasionally, until onion is tender, 3 minutes. Add tomatoes and chipotle peppers plus adobo sauce. Bring to boiling; cook, stirring occasionally, 1 minute. Add broth. Return to boiling; reduce heat. Simmer 5 minutes. Stir in chicken and black pepper; heat through.
3. Set aside a few baked tortilla strips. Gradually stir remaining tortilla strips into chicken mixture; heat through. Remove from heat. Sprinkle with cheese and reserved tortilla strips; top with cilantro. In a small bowl combine sour cream and milk; serve with chilaquiles. **Makes 6 servings.**

PER SERVING *315 cal., 12 g fat (4 g sat. fat), 59 mg chol., 721 mg sodium, 30 g carb., 4 g fiber, 6 g sugars, 23 g pro.*

Chilaquiles This classic Mexican dish is a creative way to use up leftover or stale corn tortillas. When simmered with sauce or salsa, the tortillas soften up and form the building blocks for a hearty meal. Often, shredded or ground meat is added, and it may be topped with fried eggs for breakfast.

CHOCOLATE GLAZE

In a medium bowl combine 4 oz. bittersweet chocolate pieces, ½ cup whole milk, 2 Tbsp. salted butter, 1 Tbsp. light-color corn syrup, 1 tsp. vanilla, and ½ tsp. ground cinnamon. Microwave, stirring every 30 seconds, until melted and smooth, 2 minutes. Stir in 2 cups powdered sugar until smooth. Makes about 1⅓ cups.

VANILLA GLAZE

In a small bowl stir together 1½ cups powdered sugar, 1 Tbsp. milk, and ½ tsp. vanilla. Stir in additional milk, 1 tsp. at a time, to reach glazing consistency. Makes about ¾ cup.

ORANGE GLAZE

In a medium bowl stir together ¼ cup orange juice, 1 Tbsp. each melted salted butter and light-color corn syrup, and, if you like, 1 tsp. orange liqueur. Stir in 2 cups powdered sugar until smooth. If you like, tint with orange food coloring. Makes about 1 cup.

COATINGS

Cinnamon-sugar; powdered sugar; cocoa-sugar (mix granulated or powdered sugar and unsweetened cocoa powder)

Churros

These crisp Mexican fried treats are typically coated in cinnamon-spiced sugar, but they can also be tossed in plain sugar, powdered sugar, or a cocoa and powdered sugar blend. For a fun dessert presentation, serve on a platter with different coatings and a variety of fun glazes for dipping.

Churros

HANDS ON 30 minutes
COOL 10 minutes
FRY 4 minutes per batch

1 cup water
⅓ cup salted butter
2 Tbsp. packed brown sugar
½ tsp. salt
1 cup all-purpose flour
½ tsp. anise seeds, crushed
1 egg
½ tsp. almond extract
½ tsp. anise extract
Vegetable oil for deep frying
Coatings and/or Glazes (*opposite*) (optional)

1. Line a large baking sheet with waxed paper. In a medium saucepan bring the water, butter, brown sugar, and salt to boiling over medium. Add flour and anise seeds all at once; stir vigorously. Cook and stir until mixture forms a ball; remove and cool 10 minutes. Stir in egg and both extracts.
2. Transfer dough to a pastry bag fitted with a large open star tip. Pipe 2- to 2½-inch strips onto prepared baking sheet.
3. In a deep large saucepan heat 2 inches of oil to 375°F. Fry dough strips, a few at a time, in hot oil, turning once, until golden, about 4 minutes. Drain on a paper towel-lined plate. Repeat with remaining dough strips.
4. While warm, toss churros in desired Coatings. If you like, serve with Glazes. **Makes 30 churros.**

PER CHURRO *109 cal., 6 g fat (2 g sat. fat), 13 mg chol., 61 mg sodium, 13 g carb., 0 g fiber, 9 g sugars, 1 g pro.*

Pozole

HANDS ON 30 minutes **BROIL** 5 minutes **COOK** 1 hour 30 minutes

2 poblano peppers
1½ lb. boneless pork shoulder
1 Tbsp. olive oil
1 cup chopped onion
1 Tbsp. minced garlic (6 cloves)
1 fresh portobello mushroom, stem and gills removed, coarsely chopped
2 Tbsp. New Mexico chili powder
1½ tsp. ground cumin
1½ tsp. ground coriander
1 tsp. dried oregano, crushed
¾ tsp. salt
3 cups water
1 29-oz. can hominy, drained
1 14.5-oz. can reduced-sodium chicken broth
1 14.5-oz. can reduced-sodium beef broth
1 cup Mexican lager beer, such as Negra Modelo
Extras, such as fresh mozzarella cheese (tip, *below*); crushed tortilla chips; sliced radishes; sour cream; chopped onion; chopped fresh cilantro; and/or lime wedges

1. Preheat broiler. Cut poblano peppers in half lengthwise (tip, *p. 22*); discard stems, seeds, and membranes. Place pepper halves, cut sides down, on a foil-lined baking sheet; flatten pepper halves with your hand. Broil 4 to 5 inches from the heat until blackened, 5 to 7 minutes. Bring foil up around peppers and fold edges of foil together to enclose. Let stand until cool enough to handle, about 10 minutes. Using a sharp knife, loosen edges of skins; pull off skins in strips and discard. Chop peppers.

2. Meanwhile, trim fat from pork; cut pork into 1-inch pieces. In a 4-qt. heavy pot heat olive oil over medium-high. Add pork; cook, turning occasionally, until evenly browned on all sides. Stir in the onion and garlic; cook 1 minute. Stir in the next six ingredients (through salt); stir to combine. Add the next five ingredients (through beer). Bring to boiling; reduce heat. Add chopped chile peppers. Simmer, covered, stirring occasionally, until pork is tender, about 1½ hours. Skim any fat off top of soup. If you like, season to taste with additional salt. Serve with extras. **Makes 6 servings.**

PER SERVING *577 cal., 30 g fat (12 g sat. fat), 105 mg chol., 1,317 mg sodium, 40 g carb., 7 g fiber, 7 g sugars, 33 g pro.*

Pozole

Pork and hominy are the dual stars of this comforting traditional Mexican soup. Find canned hominy—dried corn kernels soaked in an alkali solution until puffy and slightly chewy—with other canned veggies.

In Mexico, this dish would be made with quesillo, which is not commonly found in the U.S. Fresh mozzarella cheese makes a good substitute. If you can't find cherry-size balls of fresh mozzarella packed in water, cut a larger ball into small pieces.

Easy Feijoada

HANDS ON 45 minutes
COOK 30 minutes

8	oz. smoked sausage (such as linguica or kielbasa), cut in ½-inch-thick slices
8	oz. boneless center-cut pork loin, trimmed of fat and cubed
2	slices bacon, chopped
1	cup chopped onion
1½	tsp. minced garlic (3 cloves)
1	tsp. ground cumin
1	tsp. chopped fresh thyme
¼	tsp. crushed red pepper
3	15-oz. cans black beans, rinsed and drained
1	14.5-oz. can reduced-sodium chicken broth
	Hot cooked rice
1	recipe Topper *(right)*
1	recipe Orange Salad *(right)*

1. In a 4-qt. pot cook sausage, pork cubes, and bacon over medium until sausage is browned, pork is no longer pink, and bacon is crisp. Remove meats from pot.
2. Add onion and garlic to pot. Cook, stirring to scrape up any browned bits, until tender, 5 to 8 minutes. Stir in cumin, thyme, and crushed red pepper. Cook and stir 1 minute more.
3. Add black beans, broth, and the meats to pot. Bring to boiling; reduce heat. Simmer, covered, stirring occasionally, 30 minutes.
4. Serve meat mixture over rice; sprinkle with Topper. Serve with Orange Salad. **Makes 6 servings** (1 cup each).

PER SERVING *542 cal., 21 g fat (7 g sat. fat), 58 mg chol., 1,301 mg sodium, 65 g carb., 13 g fiber, 10 g sugars, 31 g pro.*

TOPPER

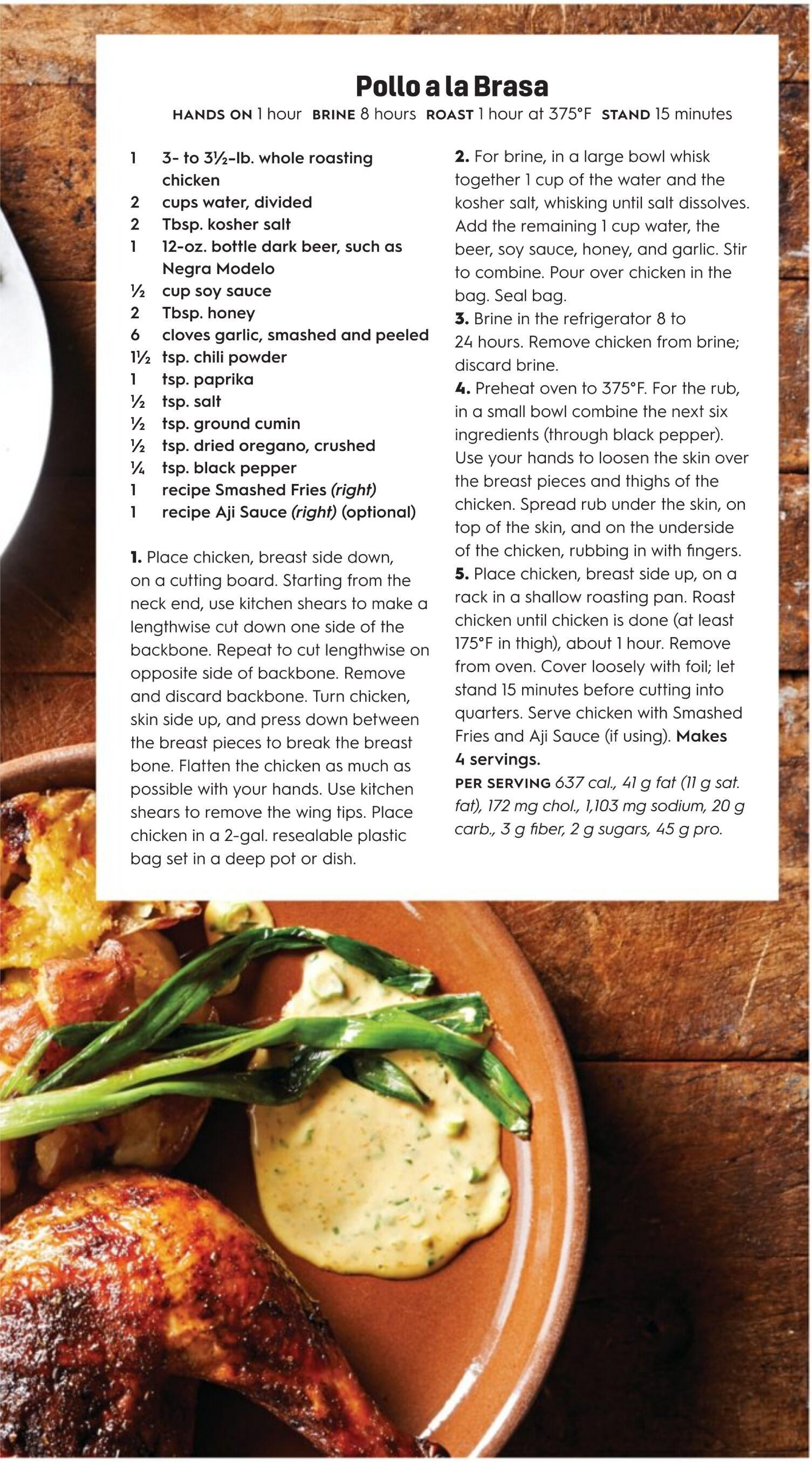
Preheat oven to 375°F. In a medium bowl combine ¾ cup coarse soft bread crumbs and 1 Tbsp. melted salted butter; toss to coat. Spread crumbs on a baking sheet. Bake until golden brown, 5 to 8 minutes. Let cool. Stir in 1 Tbsp. chopped fresh flat-leaf parsley and ½ tsp. orange zest.

ORANGE SALAD

In a medium bowl combine 3 oranges, peeled, halved, and thinly sliced; ½ cup grape tomatoes or cherry tomatoes, halved; and ¼ cup slivered red onion. Cover and chill until ready to serve. Makes about 3 cups.

Feijoada A hearty, filling stew, Feijoada is touted as the national dish of Brazil. Many versions exist within the country itself, but they always include beans, some type of pork, and assorted vegetables. Oranges are often served with it; our version features a bright citrus salad.

Pollo a la Brasa As the story goes, Robert Schuler, a Swiss immigrant who lived in Lima, Peru, came up with the rotisserie technique for cooking chickens. While his original recipe was very simple, additional seasonings have become "traditional" over the years, and this dish, which later included potato fries on the side, is now recognized and beloved throughout Peru.



Pollo a la Brasa

HANDS ON 1 hour **BRINE** 8 hours **ROAST** 1 hour at 375°F **STAND** 15 minutes

1	3- to 3½-lb. whole roasting chicken
2	cups water, divided
2	Tbsp. kosher salt
1	12-oz. bottle dark beer, such as Negra Modelo
½	cup soy sauce
2	Tbsp. honey
6	cloves garlic, smashed and peeled
1½	tsp. chili powder
1	tsp. paprika
½	tsp. salt
½	tsp. ground cumin
½	tsp. dried oregano, crushed
¼	tsp. black pepper
1	recipe Smashed Fries *(right)*
1	recipe Aji Sauce *(right)* (optional)

1. Place chicken, breast side down, on a cutting board. Starting from the neck end, use kitchen shears to make a lengthwise cut down one side of the backbone. Repeat to cut lengthwise on opposite side of backbone. Remove and discard backbone. Turn chicken, skin side up, and press down between the breast pieces to break the breast bone. Flatten the chicken as much as possible with your hands. Use kitchen shears to remove the wing tips. Place chicken in a 2-gal. resealable plastic bag set in a deep pot or dish.

2. For brine, in a large bowl whisk together 1 cup of the water and the kosher salt, whisking until salt dissolves. Add the remaining 1 cup water, the beer, soy sauce, honey, and garlic. Stir to combine. Pour over chicken in the bag. Seal bag.

3. Brine in the refrigerator 8 to 24 hours. Remove chicken from brine; discard brine.

4. Preheat oven to 375°F. For the rub, in a small bowl combine the next six ingredients (through black pepper). Use your hands to loosen the skin over the breast pieces and thighs of the chicken. Spread rub under the skin, on top of the skin, and on the underside of the chicken, rubbing in with fingers.

5. Place chicken, breast side up, on a rack in a shallow roasting pan. Roast chicken until chicken is done (at least 175°F in thigh), about 1 hour. Remove from oven. Cover loosely with foil; let stand 15 minutes before cutting into quarters. Serve chicken with Smashed Fries and Aji Sauce (if using). **Makes 4 servings.**

PER SERVING *637 cal., 41 g fat (11 g sat. fat), 172 mg chol., 1,103 mg sodium, 20 g carb., 3 g fiber, 2 g sugars, 45 g pro.*

AJI SAUCE

In a blender or food processor combine 1 cup mayonnaise, ¼ to ⅓ cup Aji Amarillo (yellow hot chile pepper paste),* ¼ cup chopped green onions, ¼ cup chopped fresh cilantro, 4 tsp. fresh lime juice, and 2 cloves garlic, smashed and peeled. Cover and blend or process until smooth.

****Note: If you do not have Aji Amarillo, use half of a roasted orange bell pepper and ⅛ tsp. cayenne. To roast the pepper, preheat oven to 425°F. Cut an orange bell pepper in half lengthwise; remove stem, seeds, and membranes. Place one of the pepper halves, cut side down, on a foil-lined baking sheet. (Save the remaining pepper half for another use.) Roast pepper half until charred, 20 to 25 minutes. Bring foil up around pepper to enclose. Let stand until cool, about 15 minutes. Use a sharp knife to loosen edges of the skin; gently pull off the skin in strips and discard.***

SMASHED FRIES

In a large saucepan combine 1 lb. whole mixed tiny new and/or fingerling potatoes and enough water to cover by 2 inches. Add 1 tsp. salt to the water. Bring to boiling; reduce heat. Simmer, uncovered, until potatoes are tender, 15 to 20 minutes. Drain potatoes. Cool potatoes slightly. Using a potato masher or the bottom of a heavy glass, lightly press down on each potato to smash to about ½-inch thickness, keeping each potato in one piece. Drizzle with 2 Tbsp. olive oil; sprinkle with ¼ tsp. salt and ¼ tsp. black pepper. While the chicken is resting, increase oven temperature to 450°F. Transfer smashed potatoes to the roasting pan; if you like, add whole green onions to roasting pan. Roast, turning once, until potatoes are golden brown and green onions are tender, 10 to 15 minutes. (Remove green onions before potatoes if they are overbrowning.)

Cuban-Style Sliders

HANDS ON 15 minutes **BAKE** 20 minutes at 350°F

2½ cups refrigerated shredded cooked pork (without sauce)
1 tsp. orange zest
½ tsp. ground cumin
3 Tbsp. yellow mustard
3 Tbsp. mayonnaise
12 slider-size rolls, split, or Hawaiian sweet rolls (tip, *below*)
5 oz. thinly sliced Black Forest ham and/or salami
6 thin slices Swiss cheese, halved (3 oz.)
24 dill pickle slices
2 Tbsp. salted butter, melted
½ tsp. minced garlic (1 clove)

1. Preheat oven to 350°F. In a medium bowl stir together pork, orange zest, and cumin.

2. In a small bowl whisk together mustard and mayonnaise. Spread cut sides of roll tops and bottoms with mustard mixture. Layer roll bottoms with ham, pork mixture, cheese, and pickles, folding fillings to fit rolls as needed. Add roll tops.

3. Place rolls in a 13x9-inch baking pan. In a small bowl combine butter and garlic. Brush butter mixture over roll tops. Cover pan with foil.

4. Bake 15 minutes. Remove foil; bake until rolls are golden brown and cheese is melted, 5 to 10 minutes more. **Makes 12 sliders.**

PER SERVING *362 cal., 15 g fat (6 g sat. fat), 49 mg chol., 871 mg sodium, 37 g carb., 1 g fiber, 3 g sugars, 18 g pro.*

Cuban Sandwiches

Because of frequent travel between Florida and Cuba at the beginning of 20th century, the true origin of the Cuban sandwich is difficult to pin down. Regardless of its roots, Cuba and its people influenced the creation and popularity of this sandwich. It's typically made on pan Cubano (Cuban bread), but we opted for individual-size servings here using slider rolls.

If using Hawaiian rolls, do not separate. Use a long serrated knife to halve attached rolls horizontally. Spread cut sides with mustard mixture. Lay bottom half in 13x9-inch pan, spread side up. Layer with fillings. Add top half, spread side down. Brush top with butter mixture. Bake as directed. Cut into sliders to serve.

Jerk Chicken and Pineapple Slaw

HANDS ON 20 minutes **GRILL** 15 minutes

3 heads baby bok choy, trimmed and thinly sliced
2 cups shredded red cabbage
2 cups chopped fresh pineapple
2 Tbsp. cider vinegar
4 tsp. packed brown sugar, divided
2 tsp. Jamaican jerk seasoning
1 Tbsp. vegetable or canola oil
4 skinless, boneless chicken breasts (6 to 8 oz. each)

1. For pineapple slaw, in an extra-large bowl combine bok choy, cabbage, and pineapple. In a small bowl stir together vinegar and 2 tsp. of the brown sugar. Drizzle over bok choy mixture. Toss to coat.

2. In a small bowl combine remaining 2 tsp. brown sugar and the jerk seasoning. Rub oil over chicken. Sprinkle with seasoning mixture.

3. Grill chicken, covered, over medium, turning once, until chicken is done (165°F), 15 to 18 minutes. Transfer to a cutting board and slice. Serve chicken with pineapple slaw. **Makes 4 servings.**

PER SERVING *316 cal., 8 g fat (1 g sat. fat), 124 mg chol., 328 mg sodium, 20 g carb., 2 g fiber, 16 g sugars, 40 g pro.*

Jerk Chicken **Jerk seasoning and sauces hail from Jamaica, where Indigenous people used local ingredients like allspice and Caribbean red pepper to create blends for smoked and roasted meats. Over time, as the seasoning blend took hold in different locales, it was adapted with additional flavors—such as garlic, thyme, and cloves—to fit various cultural tastes.**

Jollof Rice Flavored with tomatoes, chiles, and spices, jollof rice is a hearty recipe hailing from Western Africa. Many variations exist between different regions, and even caused the recent good-natured "Jollof Wars" over which version was the best. It is often served with cooked protein, such as chicken, goat, beef, fish, or shellfish.

Jollof Rice

HANDS ON 25 minutes
COOK 30 minutes
STAND 10 minutes

2 large red bell peppers, stemmed, seeded, and cut into chunks (3½ cups)
1 lb. ripe roma tomatoes (4 to 5), cored and quartered
1 large red onion, cut into chunks (about 2 cups)
1 habanero pepper stem and seeds removed (tip, *p. 22*)
1 tsp. minced garlic (2 cloves)
3 Tbsp. vegetable oil
2 Tbsp. tomato paste
1 Tbsp. grated fresh ginger
2 tsp. curry powder
1 tsp. salt
1 tsp. smoked paprika
1 tsp. dried thyme, crushed
½ tsp. turmeric
2 cups uncooked basmati rice
1½ cups reduced-sodium chicken broth
1 Tbsp. salted butter, cut into cubes
Cooked protein (info, *above left*) (optional)

1. Working in two batches, in the bowl of a food processor or blender combine the first five ingredients (through garlic). Cover and process until smooth.
2. Heat oil in a 4- to 5-qt. Dutch oven over medium-high. Add the next seven ingredients (through turmeric). Cook and stir 20 seconds or until fragrant. Stir in vegetable tomato mixture. Bring to boiling. Reduce heat to medium and cook, uncovered, stirring occasionally, until mixture is slightly thickened, 15 to 20 minutes.
3. Add rice to tomato mixture; stir until rice is coated. Add chicken broth. Bring to boiling over medium-high. Reduce heat to medium-low. Cover with a tight-fitting lid. Cook 15 minutes (do not lift lid or stir during this time).
4. Remove from heat. Let stand 10 minutes without removing lid. Add butter and fluff rice with a fork. If you like, top with additional slivers of onion and cooked protein (if using). **Makes 12 servings.**

PER SERVING *195 cal., 5 g fat (1 g sat. fat), 3 mg chol., 297 mg sodium, 38 g carb., 3 g fiber, 4 g sugars, 3 g pro.*

Cashew Butter-Stuffed Dates

START TO FINISH 10 minutes

12 Medjool dates
½ cup cashew butter
Grated dark chocolate and/or sea salt flakes (optional)

Using a sharp knife, cut slits in 12 whole fresh Medjool dates and remove pits. Stuff each date with about 2 tsp. cashew butter. If you like, sprinkle with chopped dark chocolate and sea salt flakes. **Makes 12 dates.**

PER DATE *143 cal., 7 g fat (2 g sat. fat), 0 mg chol., 80 mg sodium, 22 g carb., 2 g fiber, 18 g sugars, 2 g pro.*

Stuffed Dates Many countries along the Mediterranean coast stuff dates with sweet or savory fillings for tempting two-bite treats, including a Moroccan classic that calls for a filling of homemade almond paste. To speed it up, our recipe calls for store-bought cashew butter plus a sprinkle of chocolate and sea salt. You can customize your stuffed dates by filling with almond butter or peanut butter.

Grilled Piri-Piri Chicken Wings

HANDS ON 15 minutes **MARINATE** 1 hour **GRILL** 12 minutes

2	**lb. chicken wings**
½	**cup olive oil**
4	**red Fresno peppers (tip, *below right*), stemmed and chopped (tip, *p. 22*)**
½	**cup chopped red bell pepper**
¼	**cup coarsely chopped red onion**
2	**Tbsp. fresh lemon juice**
1	**Tbsp. white vinegar**
4	**cloves garlic, halved**
6	**to 8 dried bird's eye or Thai red chile peppers, seeded and chopped (tip, *p. 22*)**
1	**Tbsp. paprika**
1½	**tsp. salt**
1	**tsp. cayenne**

1. Cut off chicken wing tips; discard or save for making stock. Cut wings at joints. Place chicken wing pieces in a resealable plastic bag set in a shallow dish.

2. For marinade, in a blender combine remaining ingredients. Cover and blend until nearly smooth, scraping sides of container as needed. Transfer ¼ cup of the marinade to a small bowl.

3. Pour remaining marinade over chicken pieces in bag. Seal bag; turn to coat chicken. Marinate in the refrigerator 1 to 4 hours.

4. Remove chicken from marinade. Discard marinade. Gril chicken wings, covered, on greased rack over medium, turning halfway through and brushing with reserved marinade last 2 minutes of grilling, until chicken is browned and no longer pink, 12 to 15 minutes. **Makes 4 servings.**

PER SERVING *297 cal., 31 g fat (7 g sat. fat), 156 mg chol., 533 mg sodium, 3 g carb., 1 g fiber, 1 g sugars, 25 g pro.*

Piri-Piri **This chicken, also referred to as peri-peri, is an iconic dish hailing from Mozambique. The piri-piri sauce is based on the fiery bird's eye chiles, a descendant of chiles that made their way from South America to Africa via Portuguese colonization. The sauce includes other ingredients like vinegar, garlic, and other chiles.**

FRESNO PEPPERS

If you can't find red Fresno peppers, substitute green jalapeño or serrano peppers (color of the sauce will change).

Tunisian-Style Chickpea Soup

HANDS ON 30 minutes
STAND overnight
COOK 1 hour 15 minutes

2¼ cups dry chickpeas
2 Tbsp. olive oil
2 cups finely chopped onions
¼ cup chopped fresh cilantro
1½ tsp. minced garlic (3 cloves)
1½ tsp. salt
1½ tsp. ground cumin
1 tsp. paprika
1 15-oz. can crushed tomatoes
2 Tbsp. fresh lemon juice
Black pepper
6 Poached Eggs *(p. 53)*
Harissa Paste *(p. 96)* (optional)
Pita bread rounds, warmed (optional)

1. Rinse chickpeas; drain. In a 5- to 6-qt. pot combine chickpeas and 8 cups water. Cover and let stand in a cool place overnight.

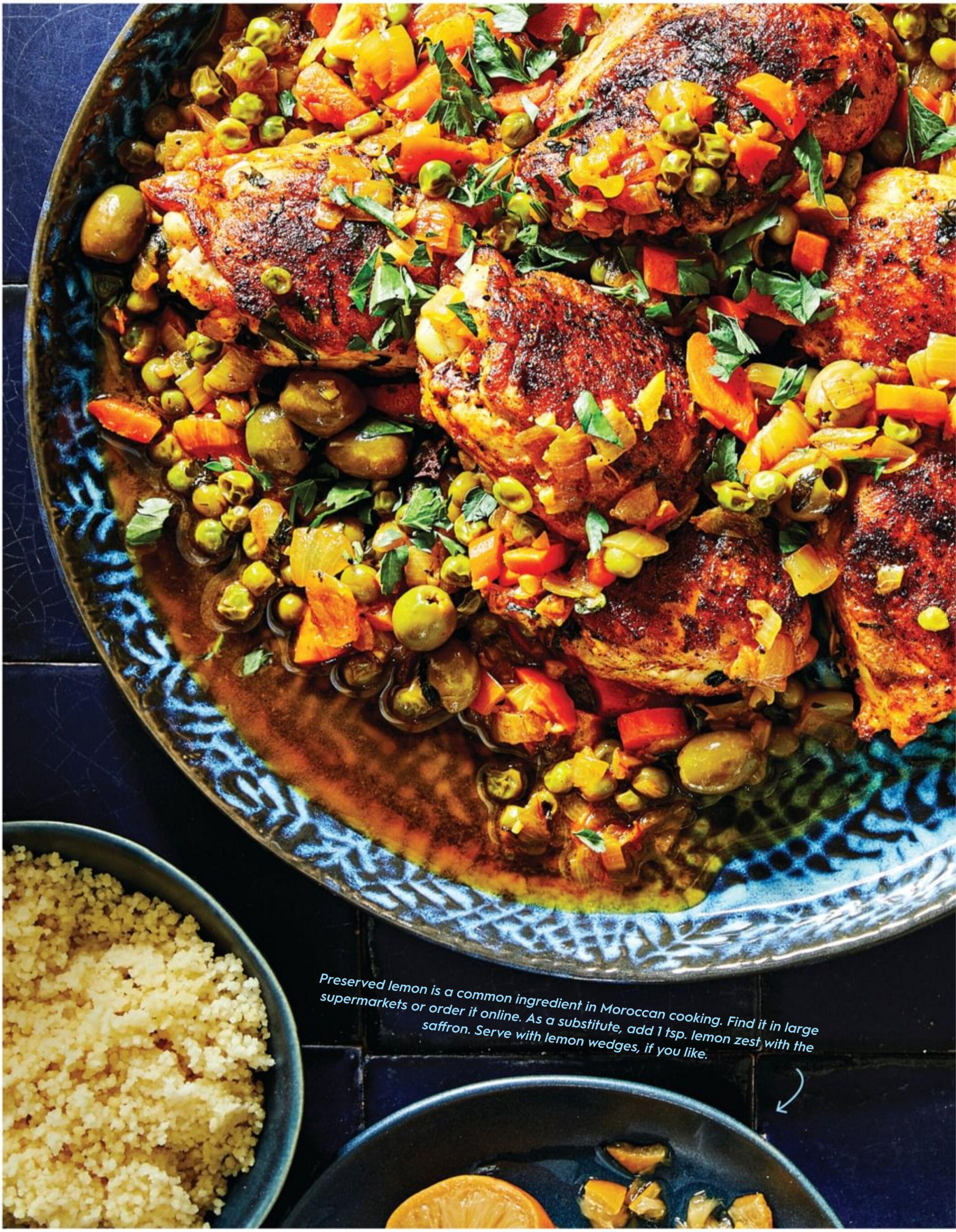
2. Drain and rinse chickpeas. Return chickpeas to pot; add enough fresh water to cover chickpeas by 3 inches. Bring to boiling; reduce heat. Cover and simmer until tender, about 50 minutes. Drain chickpeas, reserving cooking liquid.

3. In the pot heat oil over medium. Add onions; cook and stir until tender, about 5 minutes. Add next five ingredients (through paprika); cook and stir 2 minutes more. Stir in tomatoes. Bring to boiling; reduce heat. Simmer, uncovered, 5 minutes. Stir in chickpeas and 4 cups of the cooking liquid. Bring to boiling; reduce heat. Simmer, covered, 20 minutes.

4. Transfer 2 cups of the chickpea mixture to a blender; cool slightly. Cover and blend until nearly smooth. Stir blended mixture into remaining mixture in pot. Add additional cooking water if needed to reach desired consistency. Stir in lemon juice and season to taste with pepper and additional salt. Top servings with Poached Eggs and, if you like, sprinkle with additional cumin. Serve with Harissa Paste and pitas (if using). **Makes 6 servings.**

PER SERVING *422 cal., 12 g fat (2 g sat. fat), 123 mg chol., 877 mg sodium, 58 g carb., 11 g fiber, 14 g sugars, 22 g pro.*

Tunisian-Style **This recipe is a rendition of a Tunisian classic called Lablebi (also known as Lablabi), a hearty chickpea stew that is both comforting and nutritious. Customize your bowlful with other tasty ingredients like flaked tuna, olives, capers, or pickled vegetables.**



Preserved lemon is a common ingredient in Moroccan cooking. Find it in large supermarkets or order it online. As a substitute, add 1 tsp. lemon zest with the saffron. Serve with lemon wedges, if you like.

Chicken Tagine

HANDS ON 25 minutes **COOK** 15 minutes

1	tsp. paprika
½	tsp. salt
½	tsp. ground ginger
½	tsp. ground cumin
½	tsp. black pepper
¼	tsp. ground turmeric
6	bone-in chicken thighs and/or drumsticks, skinned
¼	cup olive oil, divided
1½	cups chopped onion
½	cup coarsely chopped carrot
2	tsp. minced garlic (4 cloves)
½	cup water
¼	cup chopped fresh parsley or cilantro, divided
1	tsp. ras el hanout (tip, *left*)
	Pinch saffron threads, crushed
½	cup pitted green olives, halved if you like
½	cup frozen peas
2	Tbsp. seeded and coarsely chopped preserved lemon (tip, *opposite*)
	Cooked couscous (optional)

1. In a small bowl combine the first six ingredients (through turmeric). Sprinkle over chicken pieces, rubbing in with your fingers.

2. In a 12-inch skillet heat 2 Tbsp. of the oil over medium. Add chicken pieces. Cook, turning as needed, until chicken is evenly browned, 8 to 10 minutes. Remove to a plate.

3. Add remaining 2 Tbsp. oil to skillet. Add onion and carrot. Cook, stirring occasionally, 5 minutes. Stir in garlic, the water, half of the parsley, the ras el hanout, and saffron. Return chicken to skillet. Top with olives, peas, and preserved lemon.

4. Bring to boiling; reduce heat. Simmer, covered, until done (175°F), 15 to 20 minutes. Serve chicken mixture with couscous (if using) topped with remaining parsley.

Makes 6 servings.

PER SERVING *369 cal., 22 g fat (5 g sat. fat), 105 mg chol., 783 mg sodium, 9 g carb., 3 g fiber, 3 g sugars, 33 g pro.*

RAS EL HANOUT

Roughly translated from Arabic, the name implies the blend is a compilation of all the best spices a shop owner has to offer. Like curry spice blends, there are endless combinations of spices depending on what region the blend is made in (or who is making it), but common additions may include cardamom, cumin, cloves, fenugreek, ginger, and coriander. Look for premade blends of ras el hanout at large supermarkets or local spice shops, or order it online. As a substitute, stir together ½ tsp. ground coriander, ¼ tsp. ground allspice, and ¼ tsp. cayenne pepper.

Tagines Referring to both a cooking vessel and the hearty stew cooked within it, tagines are beloved fixtures in North African cuisine, namely those of Morocco, Algeria, and Tunisia. The cooking vessel is a cone- or dome-shaped covered clay pot that acts as a slow-cooking oven. The recipes cooked within are full of aromatic spices, one of the most common blends being ras el hanout (info, *left*).

Baba Ghanoush

The Levant region—the countries bordering the Eastern Mediterranean Sea—lays claim to the creation of Baba Ghanoush, a delightfully creamy dip and spread made from roasted eggplant. The dip's other ingredients—olive oil, lemon juice, garlic, and tahini—are the same as those used for hummus, so you can easily whip up both dips at once if you need party appetizers.

Baba Ghanoush

HANDS ON 25 minutes
BAKE 30 minutes at 425°F

- **3 medium eggplants (about 1 lb. each)**
- **½ cup tahini (sesame seed paste)**
- **¼ cup fresh flat-leaf parsley leaves**
- **¼ cup fresh lemon juice**
- **2 cloves garlic, peeled**
- **¾ tsp. salt**
- **1 Tbsp. olive oil**
- **Crushed red pepper (optional)**
- **Toasted baguette slices**

1. Preheat oven to 425°F. Line a 15x10-inch baking pan with foil. Prick eggplants all over with a fork. Place in the prepared pan. Bake until very soft and skin is charred, 30 to 40 minutes. Let cool until easy to handle.

2. Remove and discard skins from eggplant. Place eggplant in a food processor or blender. Add the next five ingredients (through salt). Cover and pulse until nearly smooth, leaving some pieces of eggplant. Season to taste with additional salt. Transfer dip to a serving bowl. Drizzle with olive oil and sprinkle with crushed red pepper (if using). Serve with baguette slices. **Makes 4½ cups.**

PER ¼ CUP *67 cal., 4 g fat (1 g sat. fat), 0 mg chol., 114 mg sodium, 6 g carb., 3 g fiber, 3 g sugars, 2 g pro.*

Instead of cloves or almonds, you can try any other topping of your choosing, including other nuts, whole spices, or candies.

Ghorayebah

HANDS ON 15 minutes **BAKE** 15 minutes per batch at 300°F
COOL 10 minutes

- **1 cup powdered sugar**
- **1 cup ghee**
- **1 tsp. vanilla**
- **2 cups all-purpose flour**
- **1 tsp. baking powder**
- **¼ tsp. salt**
- **30 whole cloves or whole blanched almonds**

1. Preheat oven to 300°F. in a medium bowl beat sugar, ghee, and vanilla with a mixer until smooth and creamy. Stir in flour, baking powder, and salt until dough holds together.

2. Use a 1-Tbsp. cookie scoop to portion dough. Roll dough portions into balls. Place 2 inches apart on ungreased cookie sheets. Flatten slightly and press a clove or almond into centers.

3. Bake until lightly brown on the bottom, about 15 minutes. Cool on cookie sheets 10 minutes. Remove; cool completely on wire racks. (Remove cloves before eating.) **Makes 30 cookies**.

PER COOKIE *108 cal., 7 g fat (4 g sat. fat), 21 mg chol., 32 mg sodium, 10 g carb., 0 mg fiber, 4 g sugars, 1 g pro.*

Ghorayebah **With texture and flavor similar to shortbread, these Middle Eastern cookies specifically call for ghee, or clarified butter. You can find ghee with oils in most supermarkets these days. If you can't find it, you can make your own clarified butter by melting the butter over low heat until the fat separates from the milk solids. Skim any foam at the top, then pour the golden fat portion off into a container, leaving the white milk solids behind. Discard the milk solids.**

MAKE IT A WRAP

To fill an 8-inch flour tortilla for a wrap, place several lettuce leaves in the center of the tortilla. Using a slotted spoon, top lettuce with ½ cup of the tabbouleh mixture. Fold bottom of tortilla over the tabbouleh. Fold over sides and secure with a toothpick, forming a pocket. Or line pita bread halves with lettuce leaves. Place ½ cup of the tabbouleh mixture into the pocket of each bread half.

Tabbouleh

This ultra-fresh grain dish relies on bulgur (cracked wheat) for hearty substance, but for flavor, it leans on fresh parsley and mint, cucumbers, tomato, and a citrus vinaigrette.

Tabbouleh

HANDS ON 25 minutes **CHILL** 4 hours

¾	**cup bulgur**
¾	**cup chopped cucumber**
½	**cup chopped fresh parsley**
¼	**cup thinly sliced green onions**
1	**Tbsp. chopped fresh mint**
3	**Tbsp. vegetable oil**
3	**Tbsp. fresh lemon juice**
2	**Tbsp. water**
¼	**tsp. salt**
¾	**cup chopped tomato**
4	**lettuce leaves (optional)**
	Lemon slices and/or mint sprigs (optional)

1. Cook bulgur according to package directions; drain. Rinse with cold water; drain again.

2. In a large bowl combine bulgur and the next four ingredients (through mint).

3. For dressing, in a screw-top jar combine oil, lemon juice, the water, and salt. Cover and shake well. Drizzle dressing over bulgur mixture; toss to coat. Cover and chill 4 to 24 hours.

4. Stir tomato into bulgur mixture just before serving. If you like, serve in a lettuce-lined bowl with lemon slices and mint. **Makes 4 servings.**

PER SERVING *161 cal., 9 g fat (1 g sat. fat), 0 mg chol., 128 mg sodium, 20 g carb., 5 g fiber, 0 g sugars, 3 g pro.*

Aleppo pepper has a fruity flavor and mild heat. As its name suggests, it comes from Aleppo, Syria, although is primarily exported from Turkey.

Turkish Eggs with Aleppo Oil

HANDS ON 5 minutes **STAND** 30 minutes **COOK** 8 minutes

1⅓	**cups plain whole milk Greek yogurt**
½	**tsp. minced garlic (1 clove)**
2	**Tbsp. chopped fresh parsley**
1	**Tbsp. chopped fresh dill**
¼	**cup olive oil**
1	**Tbsp. Aleppo pepper**
¼	**tsp. ground cumin**
4	**Poached Eggs** ***(below)***
	Soft pita bread

1. In a bowl stir together the first four ingredients (through dill). Season with *salt* and *black pepper*. Spoon into four shallow dishes. Let stand to come to room temperature, at least 30 minutes.

2. For Aleppo oil, in a small saucepan combine olive oil, Aleppo pepper, and cumin. Heat over medium just until shimmering, 8 to 10 minutes.

3. Add a poached egg to each dish of yogurt. Drizzle with Aleppo oil. Serve topped with sprigs of additional parsley and dill. Serve with pita. **Makes 4 servings.**

PER SERVING *340 cal., 23 g fat (6 g sat. fat), 196 mg chol., 420 mg sodium, 17 g carb., 1 g fiber, 5 g sugars, 16 g pro.*

Turkish Eggs

Also known as Çilbir, this is a decadent high-protein meal of poached eggs finished with an Aleppo pepper drizzle over herbed Greek yogurt. It's said to date back to the Ottoman Empire, where lore says it was a common breakfast served to sultans as far back as the 15th century.

POACHED EGGS

In a 10-inch skillet combine 4 cups water and 1 Tbsp. vinegar. Bring to boiling; reduce heat to simmering (bubbles should begin to break the surface of the water). Break an egg into a cup and slip egg into the simmering water. Repeat with desired number of additional eggs, allowing each egg an equal amount of space in the skillet (do not overcrowd the pan). Simmer eggs, uncovered, until the whites are completely set and yolks begin to thicken but are not hard, 3 to 5 minutes. Using a slotted spoon, remove eggs from skillet.

Shawarma Like gyros, Turkish shawarma starts with spit-roasted meat that is thinly sliced onto warm pita. It's typically served with a tahini sauce, but you can swap in Tzatziki Sauce *(p. 59)* if you like. It's no surprise these wraps are a street-food favorite around the Mediterranean.

Chicken Shawarma with Cucumber Salad

HANDS ON 25 minutes
MARINATE 3 hours
GRILL 25 minutes
STAND 10 minutes

1	Tbsp. packed brown sugar
2	tsp. ground cumin
2	tsp. ground coriander
2	tsp. smoked paprika
1½	tsp. salt
1	tsp. garlic powder
1	tsp. ground cinnamon
2	Tbsp. fresh lemon juice
3	Tbsp. olive oil
2	lb. skinless, boneless chicken thighs
1	recipe Tahini Sauce *(right)*
1	recipe Cucumber Salad *(opposite)*
8	pita bread rounds
1	lemon, cut into wedges

1. For shawarma marinade, in a small bowl whisk together the first eight ingredients (through lemon juice). While whisking, slowly pour in oil in a steady stream. Continue whisking until the mixture forms a smooth paste.
2. Place the chicken thighs in a resealable plastic bag set in a shallow dish. Add the marinade. Seal the bag and turn to coat chicken. Marinate in the refrigerator at least 3 hours or overnight.
3. Prepare grill for indirect heat using a drip pan. Place chicken over drip pan. Grill, covered, over indirect medium heat, turning once, until done (175°F), about 25 minutes.
4. Remove and let chicken stand 10 minutes. Slice chicken across the grain into thin slices. Serve chicken with tahini sauce, salad, pita, and lemon wedges. **Makes 8 servings.**

PER SERVING *602 cal., 32 g fat (6 g sat. fat), 79 mg chol., 906 mg sodium, 47 g carb., 4 g fiber, 5 g sugars, 34 g pro.*

Tahini is a saucy condiment made from ground sesame seeds. It is a flavoring component in many Mediterranean recipes, including hummus and baba ghanoush. You can add a spoonful of it to salad dressing or even cookie dough for a nutty nuance. Look for tahini in large supermarkets with the other Mediterranean ingredients or in the condiment aisle.

TAHINI SAUCE

In a blender or food processor combine ¾ cup tahini (sesame seed paste) (tip, above), ⅓ cup fresh lemon juice, 1 tsp. minced garlic (2 cloves), and ½ tsp. salt. Pulse a few times until the mixture forms a paste. With the motor running, slowly pour in ½ cup water. Blend until the sauce is lighter in color and fluffy, 1 to 2 minutes. If you like, add enough additional water (up to ¼ cup) to reach desired consistency. Cover and refrigerate until needed or up to 2 weeks.

CUCUMBER SALAD

In a large bowl combine 3 cups finely chopped English cucumber; 1 pint cherry or grape tomatoes, quartered; ½ cup finely chopped red onion; and ⅓ cup chopped fresh flat-leaf parsley. Add 3 Tbsp. fresh lemon juice, 3 Tbsp. olive oil, and ¾ tsp. salt. Toss to combine. Season with pepper to taste. Cover and refrigerate until needed, up to 6 hours.

Kafta or Kofta? This word has two spellings, and both are perfectly acceptable. Kafta is the preferred spelling in Lebanese cuisine, while Kofta is the spelling used elsewhere. The two are often used interchangeably for this kebab, which is like a flavorfully spiced meatball cylinder.

Lebanese-Style Kafta Kebabs

HANDS ON 25 minutes
BAKE 20 minutes at 350°F

1	lb. lean (93%) ground beef
1	medium yellow onion, shredded and drained in a strainer
¼	cup chopped fresh flat-leaf parsley
1	Tbsp. Aleppo pepper
½	tsp. ground cumin
½	tsp. paprika
¼	tsp. ground allspice
1½	tsp. minced garlic (3 cloves), divided
½	tsp. salt, divided
½	tsp. black pepper, divided
½	cup plain Greek yogurt
¼	cup shredded cucumber, drained and patted dry
2	tsp. finely chopped fresh mint
2	tsp. fresh lemon juice
	Cooked Israeli couscous, lemon zest, and/or sliced cucumbers

1. Preheat oven to 350°F. Line a 15x10-inch baking pan with parchment paper and place a wire rack in pan.
2. In a large bowl combine first seven ingredients (through allspice), 1 tsp. garlic, and ¼ tsp. each of the salt and pepper. Divide into 12 portions.
3. Using twelve 8- to 10-inch skewers, form an oblong portion (3½x1¼ inches) of meat mixture around each skewer. Place skewers on rack in pan. Bake until cooked through (160°F), 20 to 25 minutes.
4. Meanwhile, for yogurt sauce, in a small bowl combine yogurt, cucumber, mint, lemon juice, remaining ½ tsp. garlic, and remaining ¼ tsp. salt and pepper. Serve kebabs with yogurt sauce, and, if you like, couscous.
Makes 4 servings.

PER SERVING *222 cal., 9 g fat (4 g sat. fat), 73 mg chol., 392 mg sodium, 8 g carb., 1 g fiber, 4 g sugars, 26 g pro.*

KABOBS VS. KEBABS

What's the difference? Although they refer to the same method of roasting or grilling meat on a skewer, kebabs (also spelled kababs) is the preferred spelling in Middle Eastern countries, such as Syria and Turkey. In these locations, the term kebab refers to a wide variety of roasted meat dishes (not necessarily on skewers) that have descended from those cooked for centuries. Kabob is the standard spelling in Western countries like the United States, referring to meats and veggies that are both cooked and served on the stick together. Since the meat is cooked on its own skewers in this recipe, we went with the Middle Eastern spelling of Kebab.

If you like, substitute 1 cup purchased roasted red bell peppers, drained, for the 2 fresh bell peppers. Prepare as directed, except roast onions and garlic as directed in Step 1. Add peppers to food processor in Step 3.

Htipiti

HANDS ON 25 minutes **ROAST** 30 minutes at 425°F **STAND** 15 minutes

2	**red bell peppers (tip, *above*)**
1	**onion, cut into ½-inch-thick wedges**
4	**cloves garlic (unpeeled)**
2	**Tbsp. olive oil, divided**
1	**cup crumbled feta cheese (4 oz.)**
2	**Tbsp. fresh lemon juice**
2	**Tbsp. fresh oregano leaves**
¼	**tsp. salt**
⅛	**to ¼ tsp. crushed red pepper**
	Pita chips or cut-up vegetables

1. Preheat oven to 425°F. Line a baking sheet with foil. Cut bell peppers in half. Remove and discard stems, seeds, and membranes. Place pepper halves, cut sides down, on the prepared baking sheet. Arrange onion wedges and garlic on the baking sheet with pepper halves. Brush vegetables and garlic with some of the olive oil.

2. Roast 30 to 35 minutes or until pepper skins are blistered and onion and garlic are tender. Wrap vegetables in the foil. Let stand 15 minutes. Peel and discard skins from peppers.

3. Place peppers and onions in a food processor or blender. Squeeze garlic from peels into blender. Add the remaining olive oil and the next five ingredients (through crushed red pepper). Cover and pulse until nearly smooth, scraping sides occasionally.

4. Transfer dip to a serving bowl. If you like, top with additional oregano. Serve dip with pita chips or vegetables. **Makes 1½ cups.**

PER ¼ CUP *118 cal., 9 g fat (3 g sat. fat), 17 mg chol., 223 mg sodium, 7 g carb., 1 g fiber, 4 g sugars, 4 g pro.*

Htipiti

This Greek feta-forward dip is rich, creamy, and bursting with flavorful roasted red pepper, lemon, and garlic. If you like, choose a more traditional Greek variety of feta cheese made from sheep's milk.

Pastitsio

Two contrasting sauces are the hallmarks of this Greek pasta dish. A zesty meat sauce is tossed with the tube-shape pasta, while a rich béchamel sauce is layered on top. We simplified this all-in-one skillet version with purchased Alfredo sauce in place of the béchamel.

Skillet Pastitsio

HANDS ON 20 minutes **COOK** 20 minutes **BROIL** 4 minutes

1	lb. lean ground beef
1	cup chopped onion
1½	tsp. minced garlic (3 cloves)
1	15-oz. can no-salt-added tomato sauce
1¼	cups water
1	Tbsp. chopped fresh oregano
¼	tsp. ground cinnamon
¼	tsp. salt
¼	tsp. black pepper
8	oz. dried ziti pasta
1½	cups purchased Alfredo pasta sauce

1. In a 10-inch ovenproof skillet cook beef, onion, and garlic over medium until meat is browned; drain off any fat.

2. Stir in next six ingredients (through pepper). Bring to boiling. Stir in ziti. Return to boiling; reduce heat. Simmer, covered, stirring occasionally, until ziti is tender, 20 minutes.

3. Preheat broiler. Once pasta is tender, spread Alfredo sauce evenly over beef mixture. Broil 4 to 5 inches from the heat, rotating skillet as needed for even browning, until sauce is bubbly and starts to brown, 4 to 5 minutes. If you like, top with additional oregano. **Makes 4 servings.**

PER SERVING *579 cal., 22 g fat (7 g sat. fat), 99 mg chol., 905 mg sodium, 63 g carb., 6 g fiber, 10 g sugars, 33 g pro.*

Gyros

HANDS ON 15 minutes
BAKE 35 minutes at 350°F

- **¼ cup chopped red onion**
- **1 tsp. minced garlic (2 cloves)**
- **2 tsp. no-salt-added Greek or Italian seasoning**
- **½ tsp. salt**
- **¼ tsp. black pepper**
- **1 lb. lean (90%) ground beef**
- **1 recipe Tzatziki Sauce *(below)* or 1½ cups purchased tzatziki sauce**
- **6 pita bread rounds or mini naan, warmed**
- **Toppers, such as feta, Kalamata olives, red onion, fresh herbs, cherry tomatoes, lemons, and/or cucumber (optional)**

1. Preheat oven to 350°F. In a food processor combine the first five ingredients (through black pepper). Cover; process until finely minced. Gradually add beef to onion mixture in food processor, processing until well incorporated after each addition. Continue processing until mixture is a paste consistency. Firmly pat beef mixture into an 8x5-inch loaf pan.

2. Bake until meat loaf is done (160°F), 35 to 40 minutes. Cool slightly; remove from pan and cut into thin slices.

3. Spread some of the Tzatziki Sauce onto pita rounds. Top with sliced meat and desired Toppers. Serve with remaining Tzatziki Sauce. **Makes 6 gyros.**

PER GYRO *375 cal., 12 g fat (4 g sat. fat), 51 mg chol., 705 mg sodium, 42 g carb., 4 g fiber, 5 g sugars, 25 g pro.*

TZATZIKI SAUCE

In a food processor or blender combine 1 cup plain whole milk yogurt; 1 cup peeled, seeded, and diced cucumber; 1 Tbsp. olive oil; 1 Tbsp. fresh lemon juice; 1 Tbsp. chopped fresh dill or mint; 1 clove peeled garlic; ⅛ tsp. salt; and ⅛ tsp. black pepper. Cover; process until well combined. Transfer to a bowl; cover and refrigerate at least 1 hour or up to 2 days. Makes 1½ cups.

Gyros **Greece claims fame for creating gyros, but these wraps actually have a lot in common with similar dishes of the region—namely Middle Eastern shawarma and döner kebabs. Gyro meat (traditionally lamb or beef) is thinly sliced from a large piece on an upright rotating spit directly onto warm pita bread. To make it easy on the home cook, we came up with a more manageable way to prepare and cook the meat for a comparable experience.**

Moussaka

HANDS ON 45 minutes **COO**l 55 minutes **STAND** 30 minutes **ROAS**t 30 minutes at 400°F **BAKE** 45 minutes at 375°F

½	**cup salted butter**
6	**Tbsp. all-purpose flour**
2½	**tsp. salt, divided**
4	**cups whole milk, warmed**
3	**egg yolks**
1½	**lb. ground beef**
½	**cup finely chopped onion**
1½	**tsp. minced garlic (3 cloves)**
¾	**tsp. sugar**
¾	**tsp. ground allspice**
¾	**tsp. black pepper**
¼	**tsp. ground cinnamon**
1	**15-oz. can tomato sauce**
¼	**cup chopped fresh parsley**
1	**egg white, lightly beaten**
3	**lb. eggplant, sliced lengthwise into ½-inch-thick slices**
1	**Tbsp. olive oil**
1½	**cups freshly grated Parmesan cheese, divided**

1. For béchamel sauce, in a large saucepan melt butter over medium. Whisk in flour and ¾ tsp. salt until a smooth paste forms. Reduce heat and gradually pour in warm milk, whisking constantly. Cook and stir until sauce thickens, about 4 minutes. Remove from heat and cool 30 minutes, stirring occasionally. Whisk in egg yolks.

2. Meanwhile, in a 10-inch skillet cook beef, onion, and garlic over medium until beef is browned; drain off any fat. Stir in sugar, allspice, pepper, cinnamon, and ¾ tsp. salt. Stir in tomato sauce. Bring to a simmer. Cook, uncovered, until all › excess liquid has evaporated and mixture appears dry, about 30 minutes. Stir in parsley and remove from heat. Cool 15 minutes. Stir in egg white.

3. Place eggplant slices on a double layer of paper towels. Sprinkle all sides of eggplant with 1 tsp. salt. Let stand 0 minutes. Pat dry with paper towels, wiping off any excess salt.

4. Preheat oven to 400°F. Line two large baking sheets with parchment paper. Brush eggplant with olive oil and arrange on prepared sheets. Roast until tender and just golden, 30 minutes.

5. Reduce oven to 375°F. Grease a 3-qt. rectangular baking dish. Arrange half of the eggplant slices in the dish. Top eggplant with all of the beef mixture and sprinkle with ⅓ of the Parmesan cheese. Top with remaining eggplant and sprinkle another ⅓ of Parmesan cheese. Pour béchamel sauce over the top and sprinkle with remaining Parmesan cheese.

6. Bake until set and golden, 45 to 60 minutes. Remove to a wire rack. Cool 10 to 15 minutes before serving. **Makes 8 servings.**

PER SERVING *578 cal., 41 g fat (19 g sat. fat), 185 mg chol., 1,478 mg sodium, 28 g carb., 6 g fiber, 15 g sugars, 27 g pro.*

If fresh eggplant is unavailable, use three 14-oz. pkg. frozen grilled eggplant slices. Prepare in oven according to package directions.

Moussaka **The combination of eggplant and ground meat originated in the Middle East and is sometimes served cold. We based this version on the Greek adaptation, which consists of a layer each of eggplant, tomato-sauced ground meat, and (similar to the Skillet Pastitsio, *p. 58*) a topping of creamy béchamel sauce.**

Horiatiki

START TO FINISH 15 minutes

- 6 oz. grape tomatoes, halved, or 3 medium roma tomatoes, chopped (9 oz.)
- 1 small cucumber, halved lengthwise and cut into ½-inch slices
- 1 medium green bell pepper, cut into bite-size pieces
- ½ cup thinly sliced red onion
- ⅓ cup Kalamata olives, pitted and halved
- 1 4-oz. triangle high-quality sheep's milk feta cheese
- 2 Tbsp. olive oil
- 2 Tbsp. red wine vinegar
- ½ tsp. coarse sea salt
- ½ tsp. dried oregano, crushed
- 1 Tbsp. capers (optional)

In a large bowl combine tomatoes (with any juices) and the next four ingredients (through olives). Transfer to a serving platter. Top with feta cheese. Drizzle with olive oil and vinegar; sprinkle with salt, oregano, and, capers (if using). **Makes 6 servings.**

PER SERVING *135 cal., 11 g fat (4 g sat. fat), 14 mg chol., 547 mg sodium, 5 g carb., 1 g fiber, 3 g sugars, 4 g pro.*

MAKE IT A MAIN!

For a main-dish salad, add 4 oz. cooked chicken breast, salmon, or shrimp per serving.

Horiatiki This traditional no-lettuce Greek salad is composed of humble ingredients like cucumbers, tomatoes, onion, Kalamata olives, and feta cheese and tossed with a red wine vinaigrette. It's a simple and unassuming salad packed with flavor, texture, and healthful nutrients.

Avgolemono Soup Hailing from the Mediterranean, Avgolemono Soup has a sour flavor from the addition of lemon juice but a custardy broth from the addition of eggs. Chicken and orzo pasta give the soup texture, while a final sprinkle of fresh dill brightens the whole dish.

Avgolemono Soup

START TO FINISH 30 minutes

¾ cup chopped onion
2 Tbsp. olive oil
8 cups chicken broth
1 cup dried orzo
Salt and black pepper
4 eggs
½ cup fresh lemon juice
2 cups shredded cooked chicken
Chopped fresh dill

1. In a 4-qt. pot cook onion in hot oil over medium until softened, about 5 minutes. Add chicken broth; bring to boiling. Add orzo; cook until tender, 8 to 10 minutes. Season to taste with salt and pepper.

2. Meanwhile, in a medium bowl whisk together eggs and lemon juice. Slowly add 1 cup of the hot broth to the egg mixture, whisking constantly. Slowly stir egg mixture into remaining mixture in pot. Add chicken. Cook and stir until nearly boiling, 1 to 2 minutes. (Do not boil.) Serve immediately topped with dill. **Makes 6 servings**.

PER SERVING *316 cal., 12 g fat (3 g sat. fat), 166 mg chol., 947 mg sodium, 27 g carb., 1 g fiber, 4 g sugars, 24 g pro.*

Spanikopita

HANDS ON 50 minutes **BAKE** 15 minutes at 375°F

- **1 10-oz. pkg. frozen chopped spinach**
- **½ cup finely chopped onion**
- **½ tsp. minced garlic (1 clove)**
- **1½ cups finely crumbled feta cheese (6 oz.)**
- **½ tsp. dried oregano, crushed**
- **24 sheets frozen phyllo dough (14x9-inch rectangles), thawed (tip, *right*)**
- **½ cup salted butter, melted**

1. Preheat oven to 375°F. For filling, cook spinach, onion, and garlic according to spinach package directions. Drain well in a colander. Press mixture with the back of a spoon to remove excess moisture. In a medium bowl combine spinach mixture, cheese, and oregano.

2. Line a large baking sheet with parchment paper. On a work surface unfold phyllo dough; remove one sheet. Lightly brush phyllo sheet with some of the melted butter. Place another sheet on top; brush with butter.

3. Cut the two layered sheets lengthwise into three strips. Spoon 1 well-rounded teaspoon of the filling about 1 inch from one end of each dough strip. To fold into a triangle, bring a corner over filling so the short edge lines up with the side edge. Continue folding the triangular shape along the strip until the end is reached. Place on the prepared baking sheet. Repeat with the remaining phyllo, butter, and filling.

4. Brush triangles on baking sheet with additional melted butter. Bake until golden, about 15 minutes. Serve warm. **Makes 18 servings** (2 triangles each).

PER SERVING *162 cal., 9 g fat (5 g sat. fat), 25 mg chol., 321 mg sodium, 15 g carb., 1 g fiber, 1 g sugars, 4 g pro.*

PHYLLO

To use phyllo dough, start by thawing in the refrigerator overnight. Unfold the dough sheets and carefully lift one sheet off at a time—be careful not to rip the sheets as they are paper-thin. Keep the remaining stack of sheets covered with plastic wrap to prevent them from drying out while you work.

Spanikopita **These cute little Greek bundles hide an amazingly delicious filling of feta and spinach inside. To make ahead, prepare through Step 3. Freeze up to 2 months. To serve, brush with butter; bake as directed (do not thaw).**

Coq au Vin Pot Pie

HANDS ON 30 minutes
BAKE 20 minutes at 400°F
STAND 20 minutes

2	**Tbsp. vegetable oil, divided**
2	**cups quartered cremini and/or button mushrooms**
1	**cup shallots cut into wedges**
1	**cup thinly sliced carrots**
1½	**to 2 lb. skinless, boneless chicken thighs, cut into 1-inch pieces**
½	**tsp. salt**
½	**tsp. black pepper**
¾	**cup dry white wine**
¼	**cup heavy cream**
2	**tsp. chopped fresh thyme or marjoram or 1 tsp. dried thyme or marjoram, crushed**
3	**Tbsp. all-purpose flour**
3	**Tbsp. salted butter, softened**
¼	**of a 17.3-oz. pkg. frozen puff pastry sheets (½ sheet), thawed**

1. Preheat oven to 400°F. In a 3- to 4-qt. pot heat 1 Tbsp. of the oil over medium. Add mushrooms, shallots, and carrots. Cook and stir until tender and fragrant, 5 minutes. Remove from pot.

2. Add remaining 1 Tbsp. oil to pot. Add chicken to pot. Season with salt and pepper. Cook and stir until browned, 5 minutes. Stir in wine, scraping up browned bits from bottom of pan. Bring to boiling. Reduce heat and simmer, uncovered, 5 minutes. Stir in shallot mixture, cream, and thyme. Bring to a simmer.

3. In a small bowl stir together flour and butter to make a smooth paste. Stir flour mixture into chicken mixture. Cook and stir until thickened and bubbly.

4. Pour chicken mixture into a 9-inch deep-dish pie plate. Unroll pastry sheet onto a work surface. Cut sheet into irregular shards. Arrange pieces over chicken mixture, overlapping as needed. Brush with additional cream. Bake until pastry is golden brown, 20 to 25 minutes. Let stand 20 minutes before serving. **Makes 6 servings.**

PER SERVING *422 cal., 25 g fat (11 g sat. fat), 136 mg chol., 441 mg sodium, 20 g carb., 2 g fiber, 5 g sugars, 26 g pro.*

Coq au Vin

French for "chicken in wine," this is the ultimate one-pot stew of chicken, mushrooms, and shallots braised in a perfectly balanced wine sauce. While burgundy wine is standard, we swapped in white wine and added cream for extra richness. Puff pastry squares on top give it a pot pie vibe.

LEFTOVER PUFF PASTRY

Preheat oven to 400°F. Lightly brush remaining puff pastry with water and sprinkle with cinnamon-sugar. Cut into 1-inch wide strips. Twist each dough strip a few times. Arrange on a parchment paper-lined baking sheet. Bake until golden brown, 18 to 20 minutes.

Niçoise Salad Sandwiches

START TO FINISH 20 minutes

½	cup fresh thin green beans, trimmed
4	leaves butterhead (Boston or Bibb) lettuce
4	whole wheat or plain pita bread rounds
2	5-oz. cans solid light tuna packed in oil, drained
1	medium tomato, thinly sliced
½	of a medium red onion, thinly sliced
2	hard-boiled eggs, sliced (optional)
1	recipe Fresh Parsley Gremolata Vinaigrette or purchased Greek vinaigrette

Steam green beans or cook in boiling water just until crisp-tender, 4 to 5 minutes. Plunge into ice water; drain. Place a lettuce leaf on each pita round. Arrange green beans on lettuce. Top with tuna, tomato, red onion, and egg slices (if using). Drizzle with Fresh Parsley Gremolata Vinaigrette. Fold over to serve. **Makes 4 sandwiches.**

PER SANDWICH *411 cal., 19 g fat (3 g sat. fat), 9 mg chol., 752 mg sodium, 40 g carb., 5 g fiber, 4 g sugars, 22 g pro.*

Salade Niçoise

This classic French composed salad is served with specific ingredients—tuna, green beans, potatoes, boiled eggs, tomatoes—arranged neatly on a serving dish. To make it grab-and-go, we piled many of those usual suspects into pita bread for a new lunch favorite.

FRESH PARSLEY GREMOLATA VINAIGRETTE

In a screw-top jar combine ¼ cup white wine vinegar, ¼ cup olive oil, 2 Tbsp. chopped fresh parsley, 2 tsp. Dijon mustard, 1 tsp. minced garlic (2 cloves), ½ tsp. lemon zest, and ¼ tsp. each salt and cracked black pepper. Cover and shake well to combine.

Crème Brûlée

HANDS ON 10 minutes
BAKE 30 minutes at 325°F
CHILL 1 hour
STAND 20 minutes

1¾	**cups half-and-half**
5	**egg yolks, lightly beaten**
⅓	**cup plus ¼ cup sugar, divided**
1	**tsp. vanilla**
⅛	**tsp. salt**

1. Preheat oven to 325°F. In a small heavy saucepan heat half-and-half over medium-low just until bubbly. Remove from heat.

2. Meanwhile, in a medium bowl combine egg yolks, ⅓ cup sugar, vanilla, and salt. Beat with a whisk just until combined. Slowly whisk hot half-and-half into egg mixture.

3. Place six 4-oz. ramekins or 6-oz. custard cups in a 3-qt. rectangular baking dish. Divide egg mixture among ramekins. Place baking dish on oven rack. Pour enough boiling water into baking dish to reach halfway up sides of ramekins.

4. Bake until a knife comes out clean (centers will still shake slightly), 30 to 40 minutes. Remove ramekins from water; cool on a wire rack. Cover and chill 1 to 8 hours.

5. Before serving, let custards stand at room temperature 20 minutes. Sprinkle tops of custards with ¼ cup sugar. Using a kitchen torch, melt the sugar by moving tip of flame across custards to form a crispy layer. Serve immediately. **Makes 6 custards.**

PER CUSTARD *210 cal., 11 g fat (6 g sat. fat), 178 mg chol., 99 mg sodium, 24 g carb., 0 g fiber, 23 g sugars, 4 g pro.*

Crème Brûlée

Although several countries claim ownership of the dish, the first known printed recipe appeared in a French cookbook. At its heart, crème brûlée is simply a baked custard with a rich and creamy texture. The unique addition is a caramelized sugar topping that fractures into shards when cut into with a spoon.

Bouillabaisse

This soup hails from the Southern French town of Marseille and uses a plethora of fresh Mediterranean fish and seafood for its depth of flavor. While there are many renditions and opinions on how to prepare this soup, saffron, tomatoes, and cod are classic ingredients.

Slow Cooker Bouillabaisse

HANDS ON 25 minutes **SLOW COOK** 5 to 6 hours (low) or 2½ to 3 hours (high) + 20 minutes (high)

1	**medium fennel bulb**
2	**cups baby carrots**
4	**cups lower-sodium vegetable broth**
1	**lb. tiny new red potatoes, quartered**
1	**14.5-oz. can fire-roasted diced tomatoes with garlic, undrained**
1	**cup sliced celery**
1	**cup finely chopped onion**
½	**tsp. lemon zest**
¼	**to ½ tsp. salt**
¼	**tsp. cayenne**
1	**lb. fresh or frozen skinless cod, orange roughy, or haddock fillets**
12	**oz. fresh or frozen shrimp in shells and/or scallops**
¼	**tsp. saffron threads**

1. Core and finely chop fennel. If you like, chop fronds; wrap and chill until needed. Cut carrots in half lengthwise, then crosswise.

2. In a 5- to 6-qt. slow cooker combine chopped fennel, carrots, and next eight ingredients (through cayenne). Cover; cook until carrots and potatoes are tender, on low 5 to 6 hours or high 2½ to 3 hours.

3. Meanwhile, thaw fish and shrimp and/or scallops, if frozen. Peel and devein shrimp, leaving tails intact. Rinse scallops (if using); pat dry. Cut fish into 1-inch pieces. Cover and chill until needed.

4. If cooker is on low, turn to high. Stir in fish, shrimp and/or scallops, and saffron. Cover; cook until fish flakes easily and shrimp are opaque, 20 to 30 minutes more. Top servings with reserved fennel fronds (if using). **Makes 6 servings.**

PER SERVING *229 cal., 2 g fat (0 g sat. fat), 102 mg chol., 515 mg sodium, 27 g carb., 6 g fiber, 9 g sugars, 26 g pro.*

Chicken Fricassee

This cozy French farmhouse-style dish starts with browned chicken pieces slow-simmered alongside hearty root vegetables. The savory sauce—finished with cream—ties everything together.

Chicken Fricassee

HANDS ON 30 minutes
COOK 1 hour

2½ to 3 lb. whole chicken legs (drumstick and thigh) (4 pieces)
Salt and black pepper
⅓ cup all-purpose flour
2 Tbsp. olive oil
1 8-oz. pkg. sliced cremini mushrooms
1 cup ½-inch-thick bias-sliced carrots
6 small shallots, peeled and quartered lengthwise
3 cloves garlic, peeled
¼ cup red wine vinegar
2 cups chicken broth
1 lb. fingerling potatoes, halved lengthwise
1 bouquet garni (3 sprigs parsley, 3 sprigs thyme, and 1 bay leaf tied into a bundle with 100%-cotton kitchen string)
1 Tbsp. chopped fresh thyme
½ cup heavy cream

1. Sprinkle chicken with salt and pepper. Place flour in a plastic bag. Add chicken pieces to bag, a few at a time, shaking to coat. In a 6-qt. pot heat oil over medium-high. Add half of the chicken; cook, turning chicken to brown evenly, 8 minutes. Remove chicken from pot; repeat with remaining chicken.
2. Add mushrooms, carrots, and shallots to pot. Cook and stir 4 minutes. Add garlic; cook and stir 1 minute. Add vinegar. Cook, uncovered, stirring occasionally, until most of the liquid is evaporated, 3 minutes. Add chicken broth; bring to boiling.
3. Add chicken, potatoes, and bouquet garni to pot. Return mixture to boiling; reduce heat. Simmer, covered, until chicken is tender, 45 minutes. Spoon cooking juices over chicken and potatoes once or twice during cooking.
4. Transfer chicken and vegetables to a serving platter. Cover and keep warm. For sauce, discard bouquet garni. Stir fresh thyme into broth mixture. Bring liquid in pot to boiling; reduce heat. Boil gently, uncovered, 10 minutes. Stir in cream. Return to boiling; boil gently, uncovered, 5 minutes more. Spoon sauce over chicken and vegetables.
Makes 4 servings.

PER SERVING *786 cal., 50 g fat (17 g sat. fat), 226 mg chol., 1,013 mg sodium, 43 g carb., 5 g fiber, 9 g sugars, 41 g pro.*

OVEN LOVIN'

To finish in the oven, preheat oven to 350°F. Prepare as above through Step 2, using a 12-inch ovenproof skillet. Add the chicken, potato, and bouquet garni. Returning mixture to boiling in Step 3, cover skillet and place in oven. Bake until chicken is done, 35 to 45 minutes (165°F for breasts; 175°F for thighs and drumsticks). Transfer chicken and vegetables to a serving platter and prepare sauce in skillet as directed in Step 4.

Roasted French Onion Soup

HANDS ON 25 minutes **ROAST** 45 minutes at 375°F **COOK** 20 minutes **BROIL** 3 minutes

2	**large sweet onions, sliced**
1	**Tbsp. olive oil**
1	**Tbsp. salted butter, melted**
1	**tsp. minced garlic (2 cloves)**
¼	**tsp. salt**
¼	**tsp. black pepper**
4	**cups reduced-sodium beef broth, divided**
1	**Tbsp. dry sherry (optional)**
1	**tsp. Worcestershire sauce**
8	**slices French bread, toasted**
2	**cups shredded Gruyère cheese (8 oz.)**
	Chopped fresh thyme (optional)

1. Preheat oven to 375°F. In a 13x9-inch baking pan combine the first six ingredients (through pepper); toss to coat. Roast, stirring occasionally, until very tender and light brown, 45 to 50 minutes.

2. Carefully pour 1 cup of the broth into pan, stirring to scrape up any crusty brown bits. Transfer mixture to a large saucepan. Add remaining 3 cups broth, sherry (if using), and Worcestershire sauce. Bring to boiling; reduce heat. Simmer, covered, 20 minutes.

3. Preheat broiler. Line a baking sheet with foil. Place bread slices on prepared baking sheet; sprinkle with cheese. Broil 4 inches from heat until cheese is light brown, 3 to 4 minutes. Serve soup topped with bread slices and, if you like, additional cheese and/or thyme.

Makes 4 servings.

PER SERVING *514 cal., 26 g fat (13 g sat. fat), 70 mg chol., 1,376 mg sodium, 43 g carb., 3 g fiber, 8 g sugars, 27 g pro.*

French Onion Soup

While full of savory, caramelized flavors, this beloved French soup is one of the most economical to make since it is based almost entirely on readily available onions. It made its first appearance during the 18th century, although soups relying on onions have been a mainstay in France since the medieval era. The coup de grâce of cheesy toast is a more recent (and indeed necessary) addition.

Beef Bourguignon Casserole

HANDS ON 25 minutes
BAKE 20 minutes at 375°F

	Nonstick cooking spray
¼	cup salted butter, divided
1½	cups coarsely chopped carrots
1½	cups coarsely chopped celery
1	cup frozen small whole onions, thawed and halved
½	tsp. black pepper
3	cups sliced fresh mushrooms (8 oz.)
1	cup Burgundy
1	Tbsp. stone-ground Dijon mustard
2	tsp. minced garlic (4 cloves)
2	tsp. finely chopped fresh rosemary
2	tsp. dried thyme, crushed
2	17-oz. pkg. refrigerated cooked beef tips with gravy
1	cup reduced-sodium beef broth
3	croissants, cut in half lengthwise

1. Preheat oven to 375°F. Coat a 3-qt. rectangular baking dish with cooking spray. In a 10-inch skillet heat 3 Tbsp. of the butter over medium until melted. Add carrots, celery, onions, and pepper. Cook, stirring occasionally, just until vegetables are tender, 7 to 9 minutes. Remove skillet from heat. Add the next six ingredients (through thyme). Return skillet to heat. Bring to boiling; reduce heat. Simmer, uncovered, 5 minutes. Stir in beef with gravy and broth; heat through. Cover and keep warm.

2. In a small bowl microwave the remaining 1 Tbsp. butter until melted, 20 to 30 seconds. Brush cut sides of croissants with melted butter; cube croissants. Transfer hot meat mixture to the prepared baking dish. Sprinkle with cubed croissants. Bake, uncovered, until filling is bubbly and croissants are golden, 20 to 25 minutes. **Makes 8 servings.**

PER SERVING *330 cal., 16 g fat (8 g sat. fat), 77 mg chol., 885 mg sodium, 21 g carb., 3 g fiber, 8 g sugars, 21 g pro.*

Beef Bourguignon **This dish is a close relative to Coq au Vin. Both dishes simmer protein and veggies in a wine sauce (both typically use Burgundy wine because of their ties to France's Burgundy region), but one uses chicken while the other calls for beef. Since we opted for a white wine in the Coq au Vin, we kept the Burgundy here to bring out beef's deep, hearty flavors.**

Chorizo and Shrimp Paella

START TO FINISH 30 minutes

Paella This rice and seafood concoction was crafted and perfected in the Valencia region of Spain. It is, without a doubt, the best-known dish in the country. While Valencians may have strict rules about what can and cannot be included in authentic paella, this 30-minute version calls on many of the same components for a similar flavor. Add extras if you have time, such as cooked chicken or mussels or a pinch of saffron.

1	tsp. olive oil
4	oz. cooked, smoked chorizo sausage, casing removed, cut into ½-inch pieces
1	cup thin onion wedges
1	cup finely chopped celery
1½	tsp. minced garlic (3 cloves)
2	cups cooked short grain rice (such as Bomba or Arborio), chilled
1	lb. medium shrimp in shells, peeled and deveined
½	cup frozen peas
1	tsp. sweet paprika
1	5- to 6-oz. pkg. fresh baby spinach

1. In a 10-inch skillet heat oil over medium-high. Add chorizo, onion, and celery. Cook 3 minutes. Stir in garlic. Stir in rice; press to cover bottom of skillet. Do not stir. Cook until mixture sizzles and sticks to bottom, 2 to 3 minutes.

2. Stir in shrimp, peas, and paprika, scraping bottom of the skillet. Cook and stir until shrimp are opaque, 4 minutes. Add spinach; stir until wilted. **Makes 4 servings.**

PER SERVING *398 cal., 15 g fat (4 g sat. fat), 168 mg chol., 1,227 mg sodium, 37 g carb., 3 g fiber, 4 g sugars, 26 g pro.*

Basque Country This region between Spain and France is known for its vibrant foods. The dishes often feature local, seasonal ingredients such as peppers, olives, and potatoes, like this savory chicken stew.

Basque Chicken

START TO FINISH 30 minutes

1¼	lb. skinless, boneless chicken thighs, cut into 2-inch pieces
½	tsp. salt, divided
¼	tsp. black pepper
1	Tbsp. olive oil
1	cup thinly sliced onion
1	red bell pepper, cut into ¼-inch strips
1	tsp. minced garlic (2 cloves)
1	14.5-oz. can diced tomatoes, drained
12	oz. red potatoes, cut into ½-inch wedges and halved crosswise
1	cup chicken broth
1	tsp. chopped fresh thyme or ¼ tsp. dried thyme, crushed
½	tsp. dried savory, crushed
⅓	cup small pimiento-stuffed olives

1. Sprinkle chicken with ¼ tsp. of the salt and the black pepper. In a 4-qt. pot heat oil over medium-high. Add chicken; cook, turning occasionally, until lightly browned, about 4 minutes.

2. Add onion and bell pepper to pot; cook until crisp-tender, 3 minutes. Add garlic; cook 30 seconds more. Add the next five ingredients (through savory) and the remaining ¼ tsp. salt. Bring to boiling; reduce heat. Simmer, covered, until chicken and potatoes are tender, about 20 minutes. Remove from heat. Stir in olives. If you like, top with additional fresh thyme. **Makes 6 servings.**

PER SERVING *204 cal., 6 g fat (1 g sat. fat), 79 mg chol., 576 mg sodium, 16 g carb., 3 g fiber, 5 g sugars, 21 g pro.*

IN THE SLOW COOKER

Season and brown chicken as in Step 1, if you like. In a 3½- to 4-qt. slow cooker combine chicken, potatoes, bell pepper, and onion. Stir in tomatoes, broth, garlic, savory, thyme, ¼ tsp. salt, and the black pepper. Cover and cook on low 10 to 11 hours or high 5 to 5½ hours. Stir in olives and, if you like, top with additional fresh thyme.

Tortilla Española

HANDS ON 25 minutes **cook** 30 minutes

2	**cups vegetable oil**
¼	**cup olive oil**
1½	**lb. russet potatoes, peeled and cut into ½-inch pieces**
1½	**cups chopped onion**
½	**tsp. salt, divided**
5	**thin slices Serrano ham or prosciutto, halved crosswise**
1	**fresh mild pepper, such as Cubanelle or Anaheim, stemmed, seeded, and cut into ½-inch strips**
8	**eggs**

1. In a 10-inch deep skillet heat both oils over medium until oil reaches 350°F, 10 to 15 minutes. Meanwhile, in a large bowl toss together potatoes, onion, and ¼ tsp. of the salt.

2. Working in two batches, cook ham in hot oils, carefully turning once, until browned, 1 minute (oil may splatter). Transfer to a plate lined with paper towels. Add pepper strips to skillet. Cook until lightly browned and softened, 2 minutes. Transfer to plate with ham.

3. Increase heat to medium-high. Carefully add potato mixture. Cook, stirring occasionally, until tender and golden brown, 15 minutes. (If necessary, reduce heat to medium to prevent overbrowning.) Using a slotted spoon, transfer potato mixture to a bowl. Drain all but 3 Tbsp. oil from skillet. Reheat oil in skillet over medium.

4. In a large bowl whisk together eggs and remaining ¼ tsp. salt. Stir in potato mixture. Transfer to hot skillet. Cook, running a spatula around edge of skillet and lifting egg mixture so uncooked portion flows underneath, 10 minutes. When bottom is browned but top is still slightly moist in center, invert onto a 12-inch plate. Using a wide spatula, slide back into skillet. Cook until browned, 5 minutes more. Invert onto a clean plate. Top with ham and peppers.

Makes 8 servings (1 wedge each).

PER SERVING *359 cal., 26 g fat (4 g sat. fat), 189 mg chol., 326 mg sodium, 23 g carb., 2 g fiber, 3 g sugars, 10 g pro.*

If you don't want to invert the omelet, preheat broiler and use a skillet that is ovenproof. After cooking 10 minutes, broil the omelet 4 inches from the heat until center is set, 1 to 2 minutes. Serve omelet in the skillet.

Tortilla Española

Similar to a French omelet or an Italian frittata, the Spanish Tortilla Española is a dish made of fried potatoes and eggs. Also known as a Tortilla de Patatas, this dish is an iconic symbol of Spanish cuisine.

Red Sangria

HANDS ON 5 minutes
CHILL 3 hours

- 1 750-ml bottle dry red wine, such as Pinot Noir or Zinfandel
- 1 cup orange juice
- ¼ cup brandy
- 6 orange slices, halved
- 1 lime, sliced into 6 wedges
- 1 cup halved strawberries
- 1 mango, seeded, peeled, and sliced
- 1 12-oz. can lemon-lime carbonated beverage
- Ice cubes
- Fresh mint leaves

1. In a large pitcher stir together wine, orange juice, and brandy. Add orange slices, lime slices, strawberries, and mango slices. Cover and chill until ready to serve.
2. Just before serving, add carbonated beverage; stir gently. Serve over ice. Garnish with mint leaves. **Makes 8 servings.**

PER SERVING *161 cal., 0 g fat, 0 mg chol., 13 mg sodium, 19 g carb., 2 g fiber, 14 g sugars, 1 g pro.*

Sangria **Spain and Portugal claim ownership of this flavorful wine-based punch. You can customize the fruit to fit your guests.**

Flan

While the concept of flan seems to have originated in ancient Rome, variations on the idea arose as the dessert made its way across Europe. The version of flan with a sweet, caramelly topping evolved in Spain, then made its way to Mexico and South America via Spanish conquistadors.

Creamy Flan

HANDS ON 30 minutes
BAKE 1 hour at 325°F
COOL 30 minutes
CHILL 24 hours

⅔ cup plus ½ cup sugar, divided
1 8-oz. pkg. cream cheese, softened
1 14-oz. can sweetened condensed milk
6 eggs, lightly beaten
1¼ cups half-and-half
1 tsp. vanilla

1. To caramelize sugar, in an 8-inch heavy skillet cook ⅔ cup sugar over medium until sugar starts to melt, shaking skillet occasionally. Do not stir. Once sugar starts to melt, cook, stirring as needed with a wooden spoon, until all of the sugar is melted and golden, 5 minutes more. Pour caramelized sugar into a 9-inch deep-dish pie plate; tilt pie plate to coat bottom. Let stand 10 minutes.

2. Meanwhile, preheat oven to 325°F. In a large bowl beat cream cheese with a mixer on medium 30 seconds. Add ½ cup sugar; beat until combined. Beat in sweetened condensed milk, eggs, half-and-half, and vanilla until smooth.

3. Place pie plate in a roasting pan on oven rack. Pour egg mixture into pie plate. Pour boiling water into roasting pan around pie plate to a depth of 1 inch. Bake until top is light brown and a knife comes out clean, 60 to 70 minutes.

4. Remove pie plate from water. Cool on a wire rack 30 minutes. Cover and chill 24 hours.

5. To unmold, loosen flan from sides of pie plate with a sharp knife. Invert a rimmed plate over pie plate; turn plate and dish over together. Remove pie plate. Spoon any caramelized sugar remaining in pie plate onto flan. **Makes 12 servings.**

PER SERVING *316 cal., 14 g fat (8 g sat. fat), 132 mg chol., 152 mg sodium, 40 g carb., 0 g fiber, 39 g sugars, 8 g pro.*

Eggplant Caponata

HANDS ON 40 minutes **COOK** 30 minutes

3	**Tbsp. olive oil, divided**
1	**1½-lb. eggplant, unpeeled and cut into ½-inch pieces, divided**
1	**cup chopped onion**
1½	**tsp. minced garlic (3 cloves)**
1	**lb. roma tomatoes, chopped**
1½	**cups water**
1	**cup chopped yellow bell pepper**
1	**6-oz. can tomato paste**
¼	**cup raisins**
3	**Tbsp. balsamic vinegar**
¾	**tsp. salt**
¼	**to ½ tsp. crushed red pepper**
½	**cup chopped fresh flat-leaf parsley**
¼	**cup coarsely chopped pitted green olives**
	Toasted baguette slices

1. In a deep 12-inch skillet heat 1 Tbsp. of the oil over medium-high. Add one-third of the eggplant; cook, stirring occasionally, until golden, 6 minutes Transfer to a bowl. Repeat with another 1 Tbsp. of the oil and one-third of the eggplant; transfer to bowl. Cook remaining eggplant, the onion, and garlic in remaining 1 Tbsp. oil, stirring occasionally, until golden, 7 to 8 minutes. Return all of the cooked eggplant to skillet.

2. Add next eight ingredients (through crushed red pepper). Bring to boiling, stirring frequently; reduce heat. Simmer, covered, stirring occasionally, until eggplant and tomatoes are very tender, 30 to 40 minutes.

3. Stir in parsley and olives. Serve caponata with toasted baguette.

Makes 4 servings.

PER SERVING *453 cal., 13 g fat (2 g sat. fat), 0 mg chol., 939 mg sodium, 76 g carb., 11 g fiber, 25 g sugars, 12 g pro.*

Caponata **Sicilian-born Caponata is a stewy vegetable dish featuring fried chunks of eggplant braised alongside olives, tomatoes, and other veggies. The saucy dish is sweet (from raisins) and sour (from vinegar) with a hint of heat from crushed red pepper. Serve it over toasted baguette slices as an appetizer or side dish, or pair it with protein for a main dish.**

Gnocchi Marsala with Mushrooms and Thyme

START TO FINISH 40 minutes

2 Tbsp. olive oil, divided
1 16- to 18-oz. pkg. shelf-stable gnocchi
2 Tbsp. salted butter
1 lb. fresh mushrooms, such as cremini or shiitake (stemmed if using), sliced
1 large shallot, halved and thinly sliced
Salt
1 Tbsp. minced garlic (6 cloves)
½ cup chicken broth
¼ cup dry Marsala
¼ cup heavy cream
2 tsp. chopped fresh thyme
Black pepper
Chopped flat-leaf parsley (optional)

1. In a 12-inch nonstick skillet heat 1 Tbsp. of the olive oil over medium-high. Add gnocchi; cover and cook until seared, 3 to 4 minutes. Uncover. Add butter; cook and stir 2 minutes more. Using a slotted spoon, transfer gnocchi to a dish; keep warm.

2. Add mushrooms and shallot to skillet; season with a generous pinch of salt. Cook and stir over medium until mushrooms release their liquid, about 8 minutes. Continue cooking until tender and slightly browned, about 10 minutes more. Push mushroom mixture away from center of skillet; add remaining 1 Tbsp. oil and the garlic. Cook and stir just until fragrant, about 1 minute. Toss with mushrooms.

3. Add chicken broth and Marsala to skillet. Bring to boiling; reduce heat. Simmer, uncovered, until reduced slightly, about 3 minutes. Stir in cream and thyme; return to simmering. Return gnocchi to skillet; toss to coat and heat through. Season to taste with black pepper. If you like, sprinkle with additional thyme and/or parsley.

Makes 4 servings.

PER SERVING *435 cal., 19 g fat (8 g sat. fat), 32 mg chol., 505 mg sodium, 57 g carb., 3 g fiber, 5 g sugars, 10 g pro.*

Marsala **This fusion recipe draws inspiration from the classic Italian American Chicken Marsala, using mushrooms instead of chicken, adding cream for body like Alfredo sauce, and tossing with thick potato gnocchi.**

Mozzarella

High-moisture fresh mozzarella is made by a specific cheese-making method of stretching the curd, resulting in an almost chewy texture.

Marinated Mozzarella

HANDS ON 15 minutes
MARINATE 1 hour

¼ cup fresh basil leaves, divided
¼ cup olive oil
1 to 2 tsp. balsamic vinegar
1 tsp. coarsely ground black pepper
1 lb. small fresh mozzarella cheese balls (bocconcini or perlini), or fresh mozzarella, cut into 1-inch cubes
Halved cherry tomatoes (optional)
Baguette or crackers

1. Set aside several whole basil leaves for serving. Using a sharp knife, chop the remaining basil leaves. In a medium bowl combine chopped basil, oil, vinegar, and pepper. Add cheese balls to herb-oil mixture, tossing gently until cheese is well-coated. Cover and chill at least 1 hour or up to 5 days.
2. Transfer cheese mixture to a serving dish; top with the reserved whole basil leaves and tomatoes (if using). Serve with baguette slices or crackers. **Makes 14 servings.**
PER SERVING *100 cal., 7 g fat (4 g sat. fat), 18 mg chol., 120 mg sodium, 1 g carb., 0 g fiber, 0 g sugars, 8 g pro.*

Tiramisu

HANDS ON 30 minutes **CHILL** 4 hours

½ cup granulated sugar
½ cup water
2 Tbsp. instant espresso coffee powder
2 Tbsp. hazelnut, coffee, or almond liqueur (optional)
1⅓ cups heavy cream
2 8-oz. cartons mascarpone cheese, room temperature
½ cup powdered sugar
2 3-oz. pkg. (48) soft ladyfingers or one 7-oz. pkg. (24) crisp ladyfingers, divided
1 Tbsp. unsweetened cocoa powder

1. For syrup, in a small saucepan combine granulated sugar, the water, and espresso powder. Bring to boiling over medium, stirring to dissolve sugar. Boil gently, uncovered, 1 minute. Remove from heat. Stir in liqueur (if using).
2. In a chilled large bowl beat cream with chilled beaters of a mixer on medium until soft peaks form (tips curl). In a medium bowl stir together mascarpone cheese and powdered sugar. Fold ½ cup of the whipped cream into mascarpone mixture to lighten. Gently fold mascarpone mixture into remaining whipped cream.
3. To assemble, arrange half of the ladyfingers in bottom of a 9-inch square baking pan, cutting to fit as needed. Brush with half of the syrup. Spread with half of the mascarpone mixture and sprinkle with cocoa powder. Repeat ladyfinger, syrup, and mascarpone layers.
4. Cover and chill 4 to 24 hours. Before serving, sift additional cocoa powder over top. **Makes 9 servings.**
PER SERVING *482 cal., 36 g fat (21 g sat. fat), 154 mg chol., 57 mg sodium, 32 g carb., 1 g fiber, 24 g sugars, 5 g pro.*

IN A LOAF PAN

Prepare as directed through Step 2. To assemble, line a 9x5-inch loaf pan with plastic wrap. Place ladyfingers along sides of prepared loaf pan, rounded sides facing out. Place additional ladyfingers on bottom of pan, rounded sides facing down. Brush with half of the syrup. Spread with half of the mascarpone mixture and sprinkle with the cocoa powder. Repeat ladyfinger, syrup, and mascarpone layers. Chill as directed. To unmold, invert tiramisu onto a platter. Sift additional cocoa powder over top.

MARINATED MOZZARELLA

Tiramisu This trifle-style dessert touts layers of espresso syrup-soaked Italian ladyfingers (soft or crisp variety—it's up to you) and piles of a whipped cream-mascarpone filling. If you're serving a mature crowd, a pour of liqueur adds a spirited background flavor to the syrup.

Air-Fryer Chicken Piccata

HANDS ON 30 minutes **AIR-FRY** 10 minutes per batch at 400°F

2	4-oz. skinless, boneless chicken breasts (or one 8-oz. chicken breast, halved horizontally)
⅛	tsp. salt
¼	tsp. black pepper, divided
1	egg white
1	Tbsp. dry white wine
¼	cup fine dry bread crumbs
1	Tbsp. grated Parmesan cheese
¼	tsp. onion powder
⅛	tsp. garlic powder
	Nonstick cooking spray
⅓	cup dried orzo pasta
1	clove garlic, peeled
2	tsp. olive oil
2	cups chopped fresh spinach
⅓	cup chopped roasted red bell peppers (3 oz.)
1	tsp. lemon zest
1	Tbsp. fresh lemon juice
1	recipe White Wine-Caper Sauce
	Chopped fresh flat-leaf parsley

1. Using the flat side of a meat mallet, flatten chicken pieces between two pieces of plastic wrap to ¼ inch thick. Season chicken with salt and ⅛ tsp. of the pepper.

2. In a shallow dish whisk together egg white and white wine. In a separate shallow dish whisk together bread crumbs, cheese, onion powder, and garlic powder.

3. Dip each chicken piece in egg mixture, allowing excess to drip off, then in bread crumb mixture, pressing to coat. Coat with cooking spray.

4. Working in batches if needed, arrange chicken in a single layer in air-fryer basket. Cook at 400°F, turning once, until chicken is done (165°F), about 10 minutes.

5. Meanwhile, cook orzo according to package directions, adding garlic clove to boiling water along with the pasta. Drain pasta and remove garlic clove. Mince garlic and return to saucepan with pasta. Stir in the next five ingredients (through lemon juice) and remaining ⅛ tsp. pepper. Cook over medium-low, stirring constantly, until spinach is wilted and mixture is heated through.

6. Serve chicken with orzo mixture and White Wine-Caper Sauce. Top with parsley. If you like, serve with additional lemon. **Makes 2 servings.**

PER SERVING *500 cal., 15 g fat (4 g sat. fat), 93 mg chol., 530 mg sodium, 42 g carb., 3 g fiber, 3 g sugars, 36 g pro.*

WHITE WINE-CAPER SAUCE

In a small saucepan cook 1 tsp. minced garlic (2 cloves) in 1 tsp. olive oil over medium-high, stirring frequently, until fragrant, 1 minute. Add ½ cup dry white wine. Cook, stirring frequently, until wine is almost reduced, about 5 minutes. Add ¾ cup reduced-sodium chicken broth, 1 Tbsp. drained capers, and 1 Tbsp. fresh lemon juice. Cook, stirring frequently, until reduced by half, about 8 minutes. Whisk together 1 Tbsp. reduced-sodium chicken broth and 2 tsp. cornstarch in a small bowl. Whisk cornstarch mixture into white wine mixture and cook, whisking constantly, until sauce thickens, about 1 minute. Remove from heat and stir in 1 Tbsp. heavy cream. Serve warm with chicken and orzo.

Chicken Piccata

Here, Italian-inspired piccata is made weeknight easy in the air fryer, then topped with the creamy caper and wine sauce. The key to Chicken Piccata's success is pounding the chicken pieces to an even thinness so they cook through without drying out.

Spaghetti alla Carbonara

START TO FINISH 40 minutes

12	**oz. dried spaghetti**
6	**oz. pancetta, finely chopped**
½	**cup chopped onion**
1	**tsp. minced garlic (2 cloves)**
¼	**cup dry white wine**
¼	**cup refrigerated or frozen egg product, thawed, or 2 pasteurized egg yolks**
¼	**cup heavy cream**
1	**cup finely shredded Parmigiano-Reggiano or Parmesan cheese (4 oz.)**
½	**tsp. black pepper**

1. Cook pasta according to package directions; drain, reserving ½ cup cooking water. Return pasta to pot; cover and keep warm.

2. Meanwhile, in a 12-inch skillet cook pancetta over medium until crisp. Drain on paper towels, reserving 2 Tbsp. drippings in skillet.

3. Add onion and garlic to reserved drippings. Cook over medium, stirring occasionally, until onion is tender, 5 minutes. Remove skillet from heat; carefully add wine. Return skillet to heat. Bring wine to boiling; reduce heat. Simmer, uncovered, until most of the wine is evaporated, 3 minutes.

4. In a small bowl combine egg product or yolks and cream. Stir in cheese and pepper.

5. Add pasta to onion mixture in skillet; toss gently over medium to coat, 1 to 2 minutes. Remove from heat. Add egg mixture, pancetta, and ¼ cup of the pasta water; toss to coat. If needed, add additional pasta water to maintain creamy consistency. Serve immediately.

Makes 6 servings.

PER SERVING *460 cal., 22 g fat (10 g sat. fat), 41 mg chol., 569 mg sodium, 45 g carb., 2 g fiber, 3 g sugars, 18 g pro.*

If you like, swap bacon for the pancetta. You can also stir in 1 cup frozen peas, thawed, with the pasta.

WHY PASTEURIZED EGGS?

Piping hot spaghetti is usually enough to cook raw eggs in this dish, but it doesn't always get hot enough to kill the bacteria that can make you sick. Be safe by choosing refrigerated egg product or pasteurized eggs for this dish.

Carbonara The full history and origin of carbonara is hazy at best, but it most definitely has roots in Italian cuisine, and is a beloved favorite in the Lazio region, especially Rome. The dish relies on egg, reserved pasta water, and cheese to obtain the creamy texture, with garlic, onion, and cured pork for all that savory flavor. We added a splash of cream to enhance the richness.

Instead of fresh tomatoes, you can use a 15-oz. can of crushed tomatoes.

Spicy Pasta all'Amatriciana

HANDS ON 30 minutes
COOK 10 minutes

5	large roma tomatoes, halved (1¼ to 1½ lb.) (tip, *below left*)
1	Tbsp. olive oil
4	oz. diced pancetta
1¼	cups bite-size strips red bell pepper
½	cup chopped onion
3	red Fresno peppers, seeded (if you like) and finely chopped (tip, *p. 22*)
2	tsp. minced garlic (4 cloves)
½	cup dry white wine
¼	tsp. salt
12	oz. dried bucatini pasta or spaghetti
⅓	cup sliced pickled hot pepperoncini peppers
½	cup grated Parmesan or Romano cheese (2 oz.), divided
¼	cup small fresh basil leaves
	Black pepper (optional)

1. In a blender or food processor pulse tomato halves just until the consistency of crushed tomatoes.

2. In a 10-inch skillet heat olive oil over medium. Add pancetta; cook, stirring occasionally, until golden brown, 5 minutes. Using a slotted spoon, remove pancetta.

3. Add bell pepper and onion to hot skillet; cook in pancetta drippings over medium-high, stirring occasionally, until edges are brown, 5 minutes. Add Fresno peppers and garlic; cook and stir 1 minute. Carefully add wine; cook 2 minutes more. Stir in crushed tomatoes and salt. Bring to boiling; reduce heat. Simmer, uncovered, over medium-low until sauce is slightly thickened, 10 minutes.

4. While sauce is cooking, cook pasta according to package directions; drain.

5. Stir pepperoncini peppers into sauce. Toss pasta with sauce. Stir in ¼ cup of the cheese. Top with reserved pancetta and basil. Sprinkle with black pepper (if using) and remaining cheese. **Makes 4 servings.**

PER SERVING *556 cal., 16 g fat (5 g sat. fat), 29 mg chol., 989 mg sodium, 78 g carb., 7 g fiber, 10 g sugars, 22 g pro.*

All'Amatriciana While certainly famous, this otherwise humble pasta dish has a basic sauce made of salted pork, a splash of white wine, and quick-simmered fresh tomatoes. There's typically a spicy component to the sauce (often crushed red pepper), but here we upped the ante with a spicy-hot double whammy of Fresno peppers and pickled pepperoncini.

Ribollita

Tuscany stakes its claim as the home to Ribollita, a rustic, homespun soup that relies on cannellini beans for heartiness and protein. To make it vegan, use vegetable bouillon and omit the Parmesan cheese.

Slow Cooker Ribollita

HANDS ON 30 minutes **STAND** 1 hour
SLOW COOK 3 to 4 hours (high) + 2 hours 15 minutes (low)

1	lb. dry cannellini beans, rinsed and sorted
3	whole cloves garlic plus 2½ tsp. minced garlic (5 cloves), divided
1	bay leaf
1	sprig fresh sage
1	cube chicken or vegetable bouillon
3	Tbsp. olive oil
1	cup finely chopped onion
1	leek, white and light green parts only, rinsed and chopped
	Salt and black pepper
1½	cups chopped celery
1	cup chopped carrots
1	tsp. fresh thyme leaves
½	tsp. crushed red pepper
1	28-oz. can crushed tomatoes, undrained
6	cups chopped fresh kale or baby kale
4	cups cubed crusty white bread
½	cup grated Parmesan cheese

1. In a 6- to 8-qt. pot combine beans and 8 cups water. Bring to boiling. Boil, uncovered, 10 minutes. Remove from heat; cover. Let stand 1 hour. Drain and rinse beans.

2. Transfer beans to a 6-qt. slow cooker. Add 6 cups fresh water, the three whole garlic cloves, the bay leaf, sage, and bouillon. Cover and cook on high until beans are tender but not falling apart, 3 to 4 hours.

3. During the last 30 minutes of slow cooking, in a large saucepan heat olive oil over medium-high. Add onion and leek; season with salt and black pepper. Cook and stir until softened, 5 minutes. Add celery and carrots; cook until all vegetables are softened, 10 minutes. Add the minced garlic, thyme, and crushed red pepper; cook 3 minutes. Stir in tomatoes.

4. Once beans are tender, remove and discard bay leaf. Add tomato mixture to slow cooker; gently stir to combine. Cover and cook on low 2 hours.

5. Stir in kale, bread, and Parmesan. Cover and cook on low until kale is tender and bread is beginning to fall apart, 15 to 20 minutes. Serve topped with additional Parmesan and olive oil. **Makes 10 servings.**

PER SERVING *305 cal., 7 g fat (1 g sat. fat), 3 mg chol., 486 mg sodium, 47 g carb., 15 g fiber, 8 g sugars, 15 g pro.*

Risotto

The trademark dish from Northern Italy calls for Arborio rice because the starches released from short-grain rice varieties are the secret to the dish's creamy texture. This version uses a few shortcuts and a quick stay in the oven to slash the standard hands-on time and attention required.

Broccoli Risotto Casserole with Prosciutto Gremolata

HANDS ON 20 minutes **COOK** 10 minutes **BAKE** 10 minutes at 350°F

5	**Tbsp. salted butter, divided**
1	**cup chopped onion**
1½	**tsp. minced garlic (3 cloves), divided**
1½	**cups Arborio rice**
4	**cups reduced-sodium chicken broth**
½	**cup dry white wine**
1	**12-oz. pkg. frozen broccoli, thawed and drained**
½	**tsp. salt**
¼	**tsp. black pepper**
1	**tsp. olive oil**
4	**thin slices prosciutto**
¼	**cup chopped fresh flat-leaf parsley**
1½	**tsp. lemon zest**
1	**cup grated Parmesan cheese**

1. Preheat oven to 350°F. In a 4- to 5-qt. oven-going pot melt 2 Tbsp. of the butter over medium. Add onion and ½ tsp. of the minced garlic; cook and stir until onion is tender, 5 to 6 minutes. Add rice. Cook and stir 3 minutes more.

2. Add broth and wine to pot. Bring to boiling; reduce heat. Simmer, covered, 10 minutes. Remove from heat. Stir in broccoli, salt, and pepper. Transfer pot to the oven. Bake, covered, until rice is just tender, 10 minutes.

3. Meanwhile, for prosciutto gremolata, heat olive oil in a 10-inch skillet over medium. Fry prosciutto, turning once, until crispy and evenly browned, about 6 minutes. Remove prosciutto to a paper towel-lined plate to cool. Add remaining 1 tsp. minced garlic to skillet; cook over medium, stirring constantly, 30 seconds. Crumble prosciutto; transfer to a bowl. Add cooked garlic, chopped parsley, and lemon zest.

4. Remove pot from oven. Stir in remaining 3 Tbsp. butter and Parmesan cheese until creamy. Top with prosciutto gremolata. **Makes 8 servings.**

PER SERVING *293 cal., 11 g fat (6 g sat. fat), 31 mg chol., 798 mg sodium, 34 g carb., 1 g fiber, 2 g sugars, 9 g pro.*

Osso Buco With a rough translation of "bone with a hole," osso buco takes its name from the shank bones that release rich and savory marrow into the sauce while braising. What's left behind are ... you guessed it, bones with holes in them. Here, we serve the osso buco over creamy polenta, but you can swap in hot cooked pasta or mashed potatoes instead. If you want a big serving of polenta, double the recipe, *below.*

Osso Buco

HANDS ON 35 minutes
COOK 2 hours

1	Tbsp. olive oil
1	lb. beef or veal shank crosscuts, cut 1 to 2 inches thick
8	oz. beef or veal stew meat, cut into 1-inch pieces
1	cup chopped onion
½	cup finely chopped carrot
1	Tbsp. minced garlic (6 cloves)
2	Tbsp. all-purpose flour
1	28-oz. can whole tomatoes, undrained
½	cup dry white wine
½	cup chicken broth
1½	tsp. salt
½	tsp. black pepper
¼	tsp. dried thyme, crushed
1	or 2 recipes Polenta
	Chopped parsley and/or lemon zest (optional)

1. For sauce, in a 4- to 5-qt. pot heat oil over high. Add shanks and stew meat; cook until well browned on all sides, 5 minutes. Using a slotted spoon, remove meat.

2. Add onion and carrot to pot; cook over medium, stirring occasionally, 5 minutes. Add garlic; cook and stir 30 seconds. Sprinkle with flour; cook and stir 1 minute more. Carefully add next six ingredients (through thyme), stirring to break up tomatoes.

3. Return meat to pot. Bring to boiling; reduce heat. Simmer, covered, until meat is very tender, 2 hours.

4. Remove shanks. Separate meat and marrow from bones; discard bones. Return meat and marrow to pot. Serve sauce with Polenta and, if you like, top with parsley and/or lemon zest. **Makes 6 servings.**

PER SERVING *270 cal., 6 g fat (1 g sat. fat), 56 mg chol., 1,275 mg sodium, 33 g carb., 5 g fiber, 6 g sugars, 19 g pro.*

POLENTA ***In a medium saucepan bring 2½ cups water to boiling. Meanwhile, in a medium bowl stir together 1 cup coarse-ground yellow cornmeal, 1 cup cold water, and 1 tsp. salt. Slowly add cornmeal mixture to boiling water, stirring constantly. Cook and stir until mixture returns to boiling. Reduce heat to medium-low. Cook, stirring frequently and adjusting heat as needed to maintain a slow boil, until mixture is very thick and tender, 25 to 30 minutes. Spoon soft polenta into bowls. Makes 3 cups.***

Hugo Spritz

Italian Prosecco and French St-Germain elderflower liqueur are the building blocks for this low-alcohol cocktail. It's gained a steady following in recent years after being invented by an Italian bartender in 2005. It may be a relative newcomer to the cocktail scene but is refreshing enough to maintain staying power.

Lightly crushing the mint before adding to the glass helps to release the oil in the mint and adds more flavor to your cocktail.

Hugo Spritz Cocktail

START TO FINISH 5 minutes

- 1 to 2 sprigs fresh mint, lightly crushed (tip, *below left*)
- Ice cubes
- 1 Tbsp. (½ fl. oz.) St-Germain elderflower liqueur
- ½ cup (4 fl. oz.) Prosecco, chilled
- 1 to 2 Tbsp. (½ to 1 fl. oz.) sparkling water, chilled
- Lime slice

Add mint sprig to a 10- to 12-oz. glass. Fill glass half full with ice. Add remaining ingredients; gently stir to combine. If you like, serve with additional fresh mint. **Makes 1 serving.**

PER SERVING *133 cal., 0 g fat, 0 mg chol., 0 mg chol., 0 mg sodium, 8 g carb., 0 g fiber, 6 g sugars, 0 g pro.*

Pizza Margherita

HANDS ON 15 minutes
BAKE 15 minutes at 400°F

- **Nonstick cooking spray**
- **12 oz. purchased prepared pizza dough**
- **1 Tbsp. olive oil**
- **2 cups grape tomatoes, halved**
- **8 oz. small fresh mozzarella cheese balls, sliced**
- **1 tsp. minced garlic (2 cloves)**
- **½ cup fresh basil leaves**
- **Coarse ground peppercorns**

1. Preheat oven to 400°F. Coat a 15x10-inch baking pan with cooking spray. On a lightly floured surface roll pizza dough to a 16x11-inch rectangle. Transfer to the prepared pan. Press onto the bottom and slightly up the sides of the pan. Brush with oil. Bake 7 minutes.
2. Top with tomatoes, cheese, and garlic. Bake until crust is golden brown, 8 to 10 minutes more. Tear or snip large basil leaves. Sprinkle the basil and pepper over pizza. **Makes 6 servings** (2 pieces each).

PER SERVING *280 cal., 14 g fat (6 g sat. fat), 27 mg chol., 392 mg sodium, 27 g carb., 2 g fiber, 1 g sugars, 11 g pro.*

Pizza Margherita

Thin crusts and simple toppings are hallmarks of Neapolitan pizzas (hailing from Naples, Italy) like the classic margherita. While raised, fire-seared crust edges are the norm in Naples, we created this copycat version that doesn't require a wood-fire oven.

Pierogi

These beloved tiny dumplings, featuring various fillings and toppings, are considered a staple across Eastern Europe. Here, the half-moon-shape packages contain a cream cheese-enriched potato filling. Add your own favorite toppings, such as sour cream, chopped chives, and/or bacon.

Ukrainian-Style Potato Pierogi

HANDS ON 45 minutes **COOK** 35 minutes **CHILL** 1 hour

4	**medium russet or golden potatoes, (1¼ lb.) peeled and diced**
1	**8-oz. pkg. cream cheese**
	Salt and black pepper
14	**Tbsp. salted butter, divided**
½	**cup finely chopped onion**
3	**cups all-purpose flour**
½	**tsp. salt**
2	**eggs**
2	**egg yolks**
½	**cup milk**

1. Place potatoes and enough salted water to cover in a large saucepan. Bring to boiling; reduce heat. Simmer, uncovered, stirring occasionally, until the potatoes are tender, about 15 minutes. Drain potatoes and return to saucepan. Add cream cheese; mash until almost smooth. Season to taste with salt and pepper. Let cool.

2. Meanwhile, in a 6-inch skillet melt 4 Tbsp. of the butter over medium. Add onion; cook, stirring occasionally, until very tender and golden, 8 to 10 minutes. Let cool; stir into potato mixture.

3. For dough, in the bowl of a stand mixer fitted with a dough hook combine flour and ½ tsp. salt. Add eggs, yolks, milk, and 2 Tbsp. of the butter. Beat on low, adding additional milk as needed to make a soft, moist dough that is just slightly sticky. (Or in a large bowl stir together flour and salt; stir in eggs, yolks, milk, and 2 Tbsp. of the butter. Stir until dough is soft and slightly sticky.) Cover dough with plastic wrap; chill 1 hour.

4. Roll mashed potato mixture into 1-inch balls (or scoop using a #60 2-tsp. scoop). Divide dough into four pieces. Working with one dough piece at a time, on a well-floured surface roll to a 10-inch square that is about ¹⁄₁₆ inch thick. Cut out 3-inch circles. Reroll scraps as needed.

5. Place a potato ball in center of each dough circle; fold in half, gently stretching dough to cover filling. Seal edges by lightly pressing edges together with fingers. Transfer to a lightly floured clean kitchen towel. Repeat with the remaining dough and potato balls.

6. Preheat oven to 200°F. Add the remaining 8 tablespoons butter to a large baking dish and place in oven. Bring a 4- to 6-qt. pot of lightly salted water to boiling. Cook pierogi, 10 to 12 at a time, in boiling water until floating, 5 minutes. Remove dish from oven and use a slotted spoon to transfer pierogi to the dish; cover and swish around to coat with butter and return to the oven. Repeat with remaining pierogi.

7. If you like, fry pierogi in additional melted butter in a skillet until lightly browned.

Makes 6 servings (about 8 pierogi each).

PER SERVING *779 cal., 52 g fat (31 g sat. fat), 255 mg chol., 725 mg sodium, 65 g carb., 3 g fiber, 4 g sugars, 14 g pro.*

CHEDDAR-BACON PIEROGI

Prepare as directed, except omit cream cheese. Add 1 cup shredded smoked cheddar cheese (4 oz.), ½ cup sour cream, 4 slices bacon, crisp-cooked and crumbled, 1 Tbsp. chopped fresh chives, and ½ tsp. coarsely ground black pepper to cooked potatoes; mash as directed in Step 1.

RED PEPPER-HERB PIEROGI

Prepare as directed, except reduce cream cheese to 3 oz. Stir one 5.3-oz. pkg. semisoft cheese with garlic and fine herbs and ½ cup chopped roasted red bell peppers, patted dry, into mashed potato mixture.

Polish-Style Bigos

HANDS ON 30 minutes **COOK** 15 minutes

- **3 Tbsp. olive oil**
- **12 to 14 oz. kielbasa, cut into ½-inch slices**
- **8 oz. mixed wild mushrooms (such as chanterelle, enoki, or lobster), sliced (3½ cups)**
- **1 cup chopped onion**
- **½ tsp. salt**
- **2 Tbsp. tomato paste**
- **3 cups water**
- **2 cups refrigerated fresh caraway sauerkraut (12 oz.), rinsed and drained**
- **¼ tsp. black pepper**
- **¼ cup chopped fresh dill**

1. In a 12-inch skillet heat oil over medium. Add kielbasa; cook until browned, 3 minutes per side. Remove to a plate using a slotted spoon.

2. Add the mushrooms, onion, and salt to skillet. Cook, stirring frequently, until vegetables are well browned, 8 to 10 minutes. Add tomato paste; cook, stirring constantly, until paste begins to brown, 1 minute. Add the water, scraping up browned bits from bottom of skillet.

3. Stir kielbasa, sauerkraut, and pepper into mixture in skillet. Bring to boiling; reduce heat to low. Cover; simmer, stirring occasionally, 15 minutes. Top with dill. **Makes 4 servings.**

PER SERVING *441 cal., 35 g fat (9 g sat. fat), 53 mg chol., 1,611 mg sodium, 13 g carb., 6 g fiber, 5 g sugars, 13 g pro.*

Bigos

Bigos is a "hunter's stew" from Poland and is typically comprised of assorted meats simmered with flavorful sauerkraut and other tasty ingredients. Here we bulked it up with wild mushrooms (although any mushrooms will do), onion, and a hearty handful of fresh dill.

Hungarian-Style Goulash

HANDS ON 25 minutes **COOK** 1 hour 15 minutes

2	**Tbsp. vegetable oil, divided**
1	**cup chopped onion**
1	**cup chopped red bell pepper**
1½	**tsp. minced garlic (3 cloves)**
1½ to 2	**lb. boneless beef chuck roast, trimmed and cut into 1-inch pieces**
¾	**tsp. salt**
½	**tsp. black pepper**
2	**Tbsp. sweet Hungarian paprika**
1¼	**cups reduced-sodium beef broth**
3	**Tbsp. tomato paste**
2	**bay leaves**
½	**tsp. dried marjoram or thyme, crushed**
½	**tsp. caraway seeds, lightly crushed**
4	**to 6 cups cooked egg noodles**

1. In a 4-qt. pot heat 1 Tbsp. of the oil over medium. Add onion; cook, stirring occasionally, until softened, 5 minutes. Add bell pepper and garlic; cook and stir until pepper is tender, 2 to 3 minutes more. Remove from pot.

2. Sprinkle meat with salt and black pepper. Add remaining 1 Tbsp. oil to pot. Add meat, one-third at a time; cook and stir until browned, 2 to 3 minutes. (Add additional oil, if needed.)

3. Return all of the meat and the onion mixture to pot. Stir in paprika. Cook and stir over medium 30 seconds. Stir in next five ingredients (through caraway seeds).

4. Bring to boiling; reduce heat. Simmer, covered, until meat is very tender, 1¼ hours. Remove and discard bay leaves. Serve meat mixture over egg noodles. **Makes 4 servings.**

PER SERVING *539 cal., 20 g fat (5 g sat. fat), 207 mg chol., 1,070 mg sodium, 51 g carb., 5 g fiber, 5 g sugars, 39 g pro.*

Goulash **While many dishes around the world are called goulash, true Hungarian goulash originated from the meaty meals of early shepherds. Paprika, introduced much later, gives this hearty main dish its rich, earthy flavor.**

Slow Cooker Swedish Meatball Pasta Pot

HANDS ON 20 minutes
SLOW COOK 6 to 7 hours (low) or 3 to 3½ hours (high) + 20 to 30 minutes (high)

1	32-oz. carton reduced-sodium beef broth
1	Tbsp. Worcestershire sauce
¼	tsp. ground nutmeg
¼	tsp. ground allspice
½	recipe Beef-Pork Meatballs
3	Tbsp. all-purpose flour
3	Tbsp. salted butter, softened
8	oz. dried mini farfalle or mini penne pasta (2 cups)
½	cup sour cream
	Salt and black pepper
1	Tbsp. chopped fresh dill (optional)

1. In a 3½- to 4-qt. slow cooker stir together the first four ingredients (through allspice). Add meatballs. Cover and cook on low 6 to 7 hours or on high 3 to 3½ hours.
2. In a bowl stir together flour and butter to make a paste; stir into the broth mixture in cooker. Stir in the pasta. If using low, turn cooker to high. Cover and cook 20 to 30 minutes or until pasta is tender. Stir in sour cream. Season to taste with salt and pepper. Top with dill (if using). **Makes 6 servings.**

PER SERVING *464 cal., 24 g fat (11 g sat. fat), 108 mg chol., 728 mg sodium, 37 g carb., 2 g fiber, 3 g sugars, 23 g pro.*

BEEF-PORK MEATBALLS

Preheat oven to 375°F. Lightly coat two 15x10-inch baking pans with nonstick cooking spray. In a large bowl beat 2 eggs with a fork. Stir in ½ cup each fine dry bread crumbs and finely chopped onion, ¼ cup milk, and ½ tsp. each salt and black pepper. Add 1 lb. each ground pork and ground beef; mix well. Shape mixture into 1-inch meatballs. Place in prepared pans. Bake until meatballs are cooked through (160°F), 12 to 15 minutes. Drain off fat.

Swedish Meatballs

Meatballs are a mainstay in cuisines around the globe, and Swedish meatballs are just one standout. The Swedish version typically contains a mix of beef and pork and is served with a creamy gravy. Here we added pasta to turn the classic into a one-dish meal.

ALL SAUCED UP!

These eight globe-trotting sauces pack in big flavor by the spoonful.

BASIL PESTO

In a food processor combine 1½ cups firmly packed **fresh basil leaves,** ½ cup grated **Parmesan cheese,** ½ cup toasted **pine nuts,** ⅓ cup **olive oil,** 2 to 4 peeled and halved **garlic cloves,** and ¼ tsp. **kosher salt.** Cover and process until nearly smooth, adding enough additional oil (about 2 Tbsp.) to reach desired consistency. Toss with pasta or stir into soups or sauces. Makes 1 cup.

OLIVE TAPENADE

In a food processor or blender combine 1½ cups each **pitted green olives** and **pitted Kalamata olives,** ½ cup **pitted oil-cured black olives,** ⅓ cup **olive oil,** 2 Tbsp. drained **capers,** 2 Tbsp. **balsamic vinegar,** 1 Tbsp. **Dijon mustard,** 2 **anchovy fillets** (optional), and 2 minced **garlic cloves.** Cover and pulse until finely chopped. Stir in 1 Tbsp. snipped **fresh basil, thyme, oregano, parsley, and/or rosemary.** Serve with cheese and crackers. Makes 3 cups.

ROMESCO SAUCE

In a food processor or blender combine 4 medium **roma tomatoes**, peeled, seeded, and cut up; 1 piece **country-style bread,** toasted and torn; ⅔ cup cut-up **roasted red peppers;** ½ cup **blanched slivered almonds,** toasted; ¼ cup **sherry vinegar or red wine vinegar;** 1 Tbsp. chopped **fresh flat-leaf parsley;** 4 smashed **garlic cloves;** 1 tsp. **smoked paprika;** and ⅛ tsp. each **ground ancho chile pepper** and **cayenne.** Cover and process or blend until mixed. With processor or blender running, slowly add ¼ to ⅓ cup **olive oil** in a steady stream until mixture is combined and finely chopped. Season to taste with **salt.** Serve with grilled meat or poultry or stir into sauces or dressings. Makes 2 cups.

ZHOUG

In a blender or food processor combine 2 cups lightly packed **fresh cilantro leaves,** 1 cup lightly packed **fresh flat-leaf parsley leaves,** 1 to 2 fresh halved and seeded **jalapeños** (tip, *p. 22*), 1 Tbsp. **fresh lemon juice,** 3 peeled and halved **garlic cloves,** 1 tsp. **ground cumin,** and ½ tsp. each **kosher salt** and **ground coriander.** Cover and blend or process until finely chopped. With blender or processor running, slowly add ½ cup **olive oil** in a steady stream until combined. Add 2 Tbsp. **salted roasted pepitas** (pumpkin seeds). Cover and blend or process until nearly smooth. Serve with grilled meat or chicken or stir into sauces or dressings. Makes 1 cup.

HARISSA PASTE

In a large bowl combine 4 oz. **dried New Mexico, ancho, California, and/or pasilla chile peppers** and enough boiling water to cover. Let stand 20 minutes. Meanwhile, in a small dry skillet heat ½ tsp. each **caraway, coriander,** and **cumin seeds** over medium 2 minutes or until toasted and fragrant, shaking skillet occasionally. Remove seeds from skillet; cool. Grind seeds in a spice grinder. Drain peppers; remove stems, seeds, and membranes (tip, *p. 22*). In a food processor or blender combine peppers, ground seeds, 3 Tbsp. **olive oil,** 2 Tbsp. **fresh lemon juice,** 5 peeled **garlic cloves,** and 1 tsp. **salt.** Cover and pulse until smooth, adding 3 to 4 Tbsp. water to reach desired consistency. Stir into sauces or pasta or rice dishes. Makes 1¼ cups.

CHIMICHURRI SAUCE

In a food processor or blender combine 1¼ cups packed **fresh flat-leaf parsley leaves,** ¼ cup **olive oil,** 1 peeled **shallot,** 2 Tbsp. **fresh oregano or basil leaves,** 2 Tbsp. **cider vinegar or red wine vinegar,** 1 Tbsp. **fresh lemon juice,** 3 to 4 peeled **garlic cloves,** ½ tsp. **salt,** and ¼ to ½ tsp. **crushed red pepper.** Cover and process or blend just until chopped (a few herb leaves should be visible). Cover and chill 2 hours. Let stand at room temperature 30 minutes before serving. Serve with grilled or roasted meat or poultry. Makes ⅔ cup.

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QUICK MOLE

Place 2 **dried ancho chile peppers,** stems and seeds removed (tip, *p. 22*), in a small heatproof bowl. Pour ½ cup boiling water over peppers. Meanwhile, in a medium saucepan combine one 14.5-oz. can undrained **fire-roasted diced tomatoes,** ½ cup toasted and finely chopped **almonds,** ½ cup finely chopped **sweet onion,** ⅓ cup **tomato paste,** 2 tsp. **minced garlic** (4 cloves), ½ oz. chopped **bittersweet chocolate,** 1 tsp. **ground coriander,** ½ tsp. **salt,** and ¼ tsp. **ground cinnamon.** Stir in chopped peppers. Bring to boiling, stirring constantly (mixture will be thick); reduce heat. Simmer, covered, 20 minutes. If necessary, add chicken broth to reach desired saucy consistence. Drizzle over cooked poultry, vegetables, refried beans, or enchiladas. Store leftovers in refrigerator up to 1 week. Makes 1¾ cups.

HOLLANDAISE SAUCE

In top of a double boiler combine 3 lightly beaten **egg yolks,** 1 Tbsp. **fresh lemon juice,** and 1 Tbsp. water. Cut ½ cup **salted butter** into thirds; soften. Add one piece of the butter to the double boiler. Place over gently boiling water (upper pan should not touch water). Cook, stirring rapidly with a whisk, until butter melts and sauce begins to thicken. (Sauce may appear to curdle at this point but will smooth out when remaining butter is added.) Add the remaining butter, one piece at a time, stirring constantly until melted. Continue to cook and stir until sauce thickens, 2 to 2½ minutes more. Immediately remove from heat. If sauce is too thick or curdles, immediately whisk in 1 to 2 Tbsp. hot water. Season to taste with **salt** and **pepper.** Serve immediately with vegetables, poultry, fish, or eggs. Makes ¾ cup.

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